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Tuesday

CHARLES DHARAPAK/AP

Kennedy said he won't seek his late uncle's seat.

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Falling, In Love: Wedding proposal goes awry in Md. | 12

Walk Star: Dr. Ian Smith challenges us to take a hike | FIT

lookout

Devious Damsel: Laura Leighton's Sydney returns to 'Melrose Place' on the CW.

>> 30-39

KATHY WILLENS/AP

Teen Rallies Again at U.S. Open

STAYIN' ALIVE: Melanie Oudin tosses her racket in celebration after defeating No. 13 seed Nadia Petrova at the U.S. Open on Monday. Oudin's third comeback victory of the tournament — a stirring 1-6, 7-6 (2), 6-3 rally — made the 17-year-old the youngest American to reach the championship's quarterfinals since Serena Williams in 1999. ✣ **Giant Killer:** Oudin on magic run | **Page 20**

3 Guilty In Foiled U.K. Plot

Men convicted of planning to blow up airliners in '06

LONDON | Three British Muslims were convicted Monday of plotting to murder thousands by downing at least seven trans-Atlantic airliners in simultaneous attacks designed by al-Qaeda to be the deadliest terrorist strike since Sept. 11, 2001.

Abdulla Ahmed Ali, 28, Assad Sarwar, 29, and Tanvir Hussain, 28, were found guilty at Woolwich Crown Court in London of leading a plan in 2006 to detonate bombs on aircraft bound for the United States and Canada, using liquid explosives hidden in soda bottles.

NEAR MISS

Authorities estimate that about 2,000 passengers would have died if the plot had succeeded. Had the bombs been detonated over U.S. and Canadian cities, hundreds more would have been killed on the ground.

Four other men were acquitted of conspiring to bomb airliners but admitted lesser charges — and, in one case, conspiracy to murder. An eighth man was cleared completely.

The case brought sweeping new restrictions for air passengers, including limits on the amount of liquids and gels they can carry on board. British and U.S. security officials said the plan was directly linked to al-Qaeda and guided by senior Islamic militants in Pakistan.

British Home Secretary Alan Johnson said the plot would have brought "murder and mayhem on an unimaginable scale." (AP)

pollcenter HAS ANGER OVER PRESIDENT OBAMA'S POLICIES GOTTEN OUT OF HAND? (A) YES (B) NO

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WEDNESDAY 73 | 65

eyeopeners

GARY STELZER/MIDDLETOWN JOURNAL/AP

Joe Frolick makes his 22nd jump of the day on Friday over Lebanon, Ohio.

STUNTS

Man Raises Awareness of Self

An Indianapolis firefighter skydived 100 times over Lebandon, Ohio, on Friday. Joe Frolick, who practiced all summer for his jump-a-thon, said he wanted to raise awareness and money to fight fire deaths from smoke inhalation. Moments after his final jump, Frolick said he was "ecstatic" and feeling great. (AP)

JED LEICESTER/GETTY IMAGES

TOYS

Rubber Ducky, You're the 200,001

The world record for the number of rubber duckies in a race was broken Sunday during the Great British Duck Race, held on the River Thames in London. About 205,000 rubber ducks were launched, beating the 2008 record — also set by the Great British Duck Race — of 175,000. The event raises money for the National Society for the Prevention of Cruelty to Children. (EXPRESS)

FANS

Hobbits, Vulcans Loved M.J., Too

In Atlanta Sunday, 903 DragonCon attendees packed a hotel ballroom in hopes of setting a world record for the largest re-enactment of Michael Jackson's "Thriller" dance routine. A DragonCon rep is sending the results to Guinness World Records and expects a decision this week. (AP)

TARGETS

That Closet Had Confederate Leanings!

A Georges Township, Pa., history buff who re-creates firearms from old wars accidentally fired a 2-pound cannonball through the wall of his neighbor's home. The cannonball, about 2 inches in diameter, smashed through a window and a wall before landing in a closet. State police charged William Maser with reckless endangerment, criminal mischief and disorderly conduct. (AP)

CRIME STOPPERS

GPS Now Has Power to Control Thought, Impulses

Philadelphia Republican district attorney candidate Michael Untermeyer is wearing a GPS ankle bracelet for the next month. The city, he says, could save millions by moving nonviolent defendants out of prison and keeping tabs on them electronically. Track him at Untermeyerforda.com. (AP)

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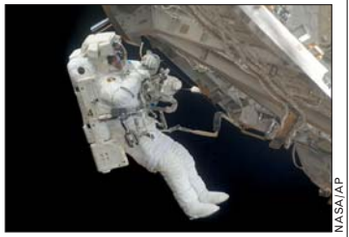
In Brief



NASA/AP

An astronaut performs maintenance on the international space station.

CAPE CANAVERAL, FLA.

Astronauts Pack Up Toy For Return Flight to Earth

The astronauts aboard the orbiting shuttle and station packed up Buzz Lightyear on Monday for the ride home from "infinity and beyond." The action figure has been at the international space station for more than a year. NASA used the toy to make a video that will be used in an outreach effort for children with a "Toy Story" movie spin. (AP)

WOODBURY, N.Y.

Man to Top 40-Gallon Mark in Blood Donations

A New York man is donating his 320th pint of blood this week, making him one of two people in the U.S. who has given 40 gallons. Al Fischer, 75, plans to reach the milestone Tuesday, 58 years after he started giving blood. Long Island Blood Services executive director Harvey Schaffler says Fischer has helped almost 1,000 people. (AP)

President: Now Is the Time to Act

Obama kicks off push for health care reform at union event in Ohio

CINCINNATI, OHIO | President Obama attempted to reignite flagging support for health care reform with a stirring, campaign-style speech on Labor Day.

In his first public engagement since returning to the White House from his summer break, Obama told a hall packed with members of the AFL-CIO, the country's largest labor federation, and the general public, that the time for debate on health care reform was over.

"In every debate, there comes a time to decide, a time to act," he said. "And, Ohio, that time is now."

The forceful tone adopted by the president suggests he could take a hard-line approach on Wednesday, when he will deliver a crucial address on health care reform to a joint session of Congress.

In Monday's speech, at the AFL-CIO's annual Labor Day picnic at Ohio's Coney Island amusement park, the president drew wild applause when he spoke of his support for a government-run insurance plan, one of the most contentious health reform issues.

"I see reform where Americans and small businesses that are shut out of health insurance today will be able to purchase coverage at a price they can afford," he said. "Where they'll be able to shop and compare in a new health insurance exchange. And I continue to believe that a public option within the basket of insurance choices would help improve quality and bring down costs."

Obama closed the speech with an anecdote about the origin of his signature campaign phrase, "fired up, ready to go," with the crowd then joining him in a chant. Advisers said it signaled Obama's determination to reassert command of the health care debate. ALEXI MOSTROUS (THE WASHINGTON POST)

CHARLES DHARAPAK/AP

President Obama is introduced by Charlie Dilbert, 45, before speaking at the AFL-CIO Labor Day picnic Monday in Cincinnati.

ACCIDENTS **The Grapes of Wrath** Emergency crews fighting a fire from a crashed cargo truck on Thursday in Wamsutter, Wyo., were surprised to find themselves suddenly fired upon — by corks from exploding wine bottles inside the vehicle. "The corks were popping out of the bottles like the old Jiffy Pop [popcorn] we grew up with," Wyoming Highway Patrol Lt. Scott Keane said. "My trooper got hit in the arm with one." Besides the heat and flying corks, firefighters also had to deal with shattering bottles. No one was injured in the fire. (AP)

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Nation

Baucus Urges GOP Support of Health Bill

Senator wants plan to be finalized before Obama's big speech

J. SCOTT APPLEWHITE/AP

Sen. Max Baucus, D-Mont., is trying to produce a bipartisan health care bill.

WASHINGTON | Senate Finance Chairman Max Baucus is urging three Republican colleagues to sign off on the $900 billion health care reform package they have helped to negotiate over the past two months and add a bipartisan proposal to the mix before President Obama's speech Wednesday.

The Baucus plan, circulating among the Finance Committee's "Gang of Six," sets forth provisions that have already gained the group's unofficial support, senior Senate aides said. But Democrats are wary that two of the three GOP negotiators — Sens. Charles Grassley, R-Iowa, and Mike Enzi, R-Wyo. — could still walk away.

Baucus intends to seek suggestions for changes to the legislation when the group meets Tuesday. If the group does not produce a plan, Democratic sources have warned, the Finance Committee may be bypassed entirely. SHAILAGH MURRAY (THE WASHINGTON POST)

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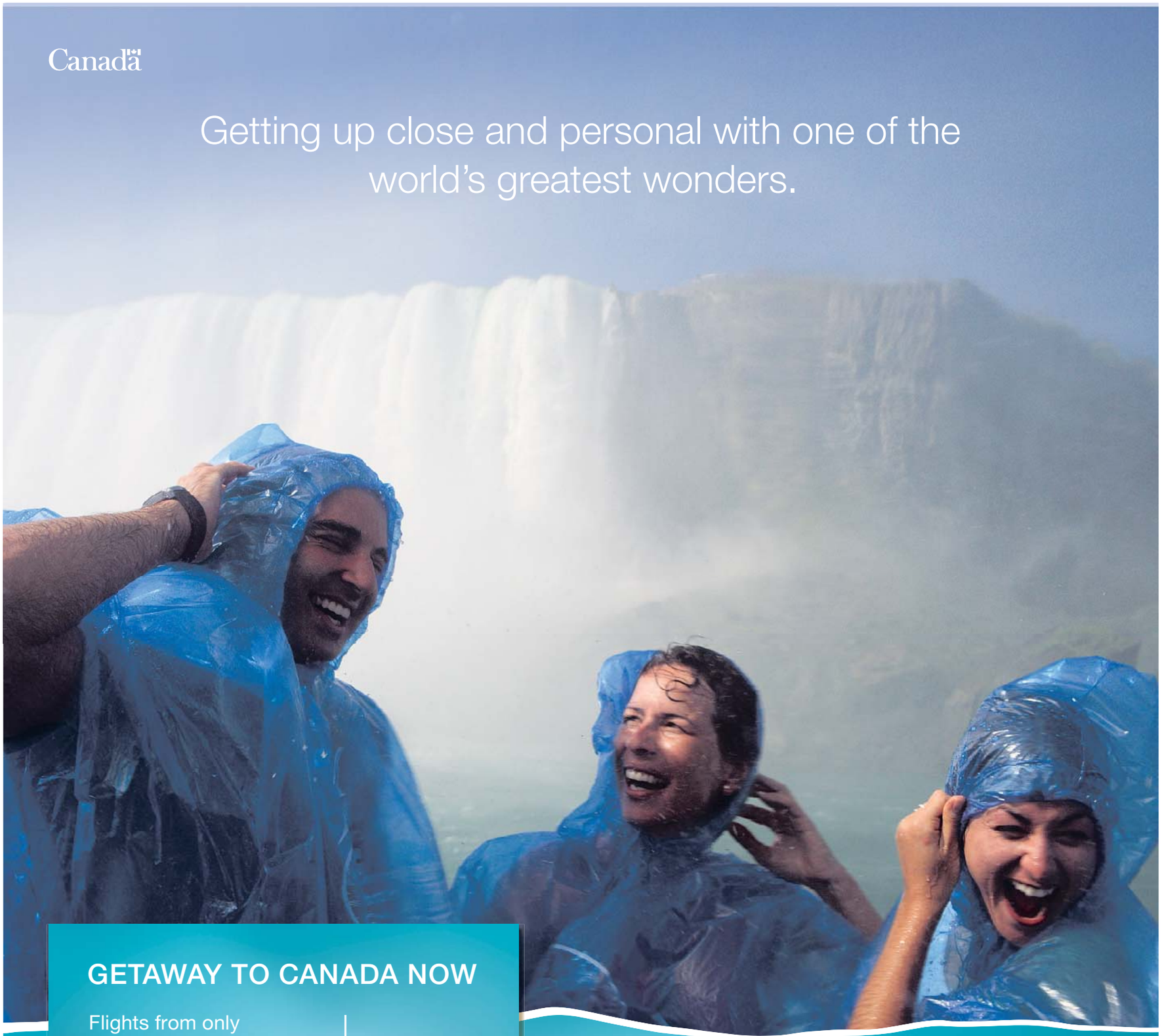

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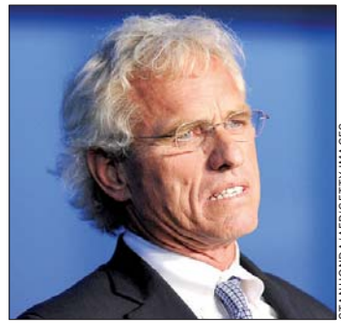
Nation

Kennedy Nixes Senate Bid

RFK's son won't run for Mass. seat his late uncle held for decades

BOSTON | Former representative Joseph P. Kennedy II, the eldest son of Robert F. Kennedy, announced Monday he would not run for the U.S. Senate seat held for nearly 50 years by his late uncle Edward M. Kennedy.

In a statement, the former six-term congressman said he cares about those seeking decent housing, fair wages and health care. But he added, "The best way for me to contribute to those causes is by continuing my work at Citizens Energy Corp."


STAN HONDA/AFP/GETTY IMAGES

Joseph Kennedy won't seek the Senate seat that Ted Kennedy's death left open.

The nonprofit organization provides free heating oil to the poor, but Joseph Kennedy likely would have faced campaign questions about fuel it received from Venezuelan President Hugo Chavez — a persistent U.S. critic. He also has settled into a comfortable lifestyle since leaving Congress in 1999, taking home a $545,000 salary as Citizens Energy's president as of 2007.

The decision surrenders a seat the Kennedy family has held for all but two years since 1953. It also removes a barrier for three veteran Massachusetts congressmen — Reps. Michael Capuano, Edward J. Markey and John Tierney — who have said they are considering campaigns but would not run against a member of the Kennedy family. GLEN JOHNSON (AP)

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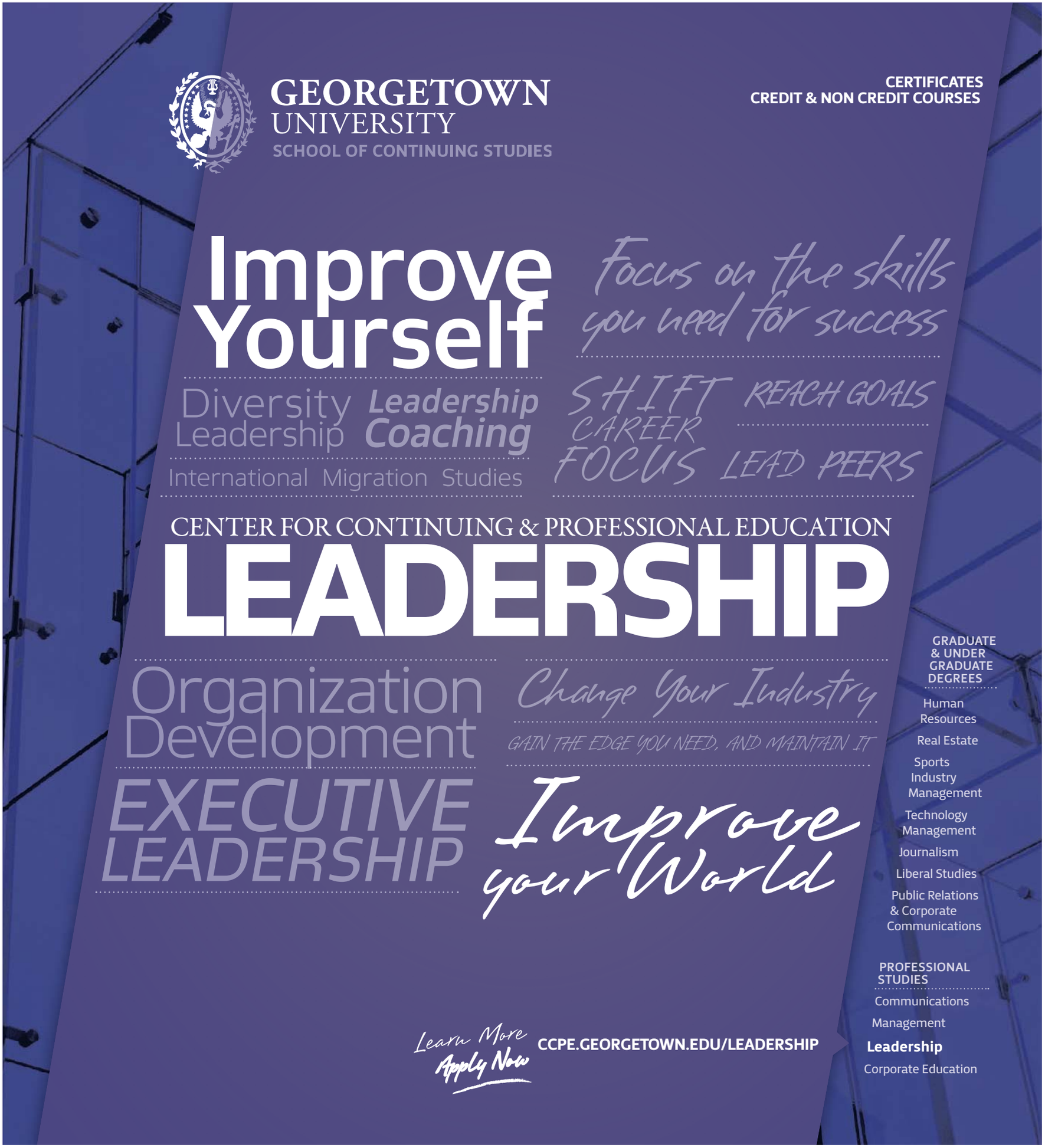
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Improbable Results in Afghan Poll

Observers say pattern of fraud is evident in ballots cast for Karzai

KABUL | At the Afghan polling station called Haji Nehmetullah House, every one of the 725 votes cast during the country's Aug. 20 election went to President Hamid Karzai. At another site, Haji Akhtar Mohammad House, the incumbent got each of the precisely 400 ballots cast.

Allegations of ballot box stuffing, voter intimidation and other fraud have been lodged from all corners of the country after last month's presidential contest. An Associated Press examination of returns shows what officials said Monday appear to be highly suspicious — and improbable — results.

Stations across Afghanistan's south gave Karzai 200, 250 or 500 votes, according to figures compiled by the Independent Election Commission. Observers say these neatly rounded numbers show patterns of fraud consistent with claims that large-scale vote rigging took place in dangerous regions that observers couldn't reach.

MANISH SWARUP/AP

An Afghan man and his daughter pass a poster for Afghan President Hamid Karzai on Monday in Kabul. Observers say last month's election results suggest fraud.

A senior Western diplomat alleged Monday that a majority of the votes in three provinces — Kandahar, Paktika and Khost — are fraudulent. Partial returns from each of those provinces heavily favor Karzai. The diplomat spoke on condition of anonymity because of the sensitive nature of his work.

At the Zoor District Center in Paktika province, Karzai received 300, 250, 200 and 200 votes at four of the center's six polling stations. As of Monday, the votes were still listed as part of the overall tally.

A Western elections expert in Kabul called such returns "illogical." He spoke on condition of anonymity because of the nature of his work.

He said many of the suspicious results came from polling stations that didn't exist, supposedly in remote parts of the country. He said there were likely as many as 800 fake sites. JASON STRAZIUSO (AP)

MILITARY UNDER FIRE

The U.S. military is facing criticism for its use of force in fighting the Taliban in Afghanistan.

➜ The Swedish Committee for Afghanistan accused U.S. soldiers of storming a provincial hospital last week, breaking doors and tying up staff in a hunt for insurgents.

➜ The independent Afghan Rights Monitor said a NATO airstrike on a pair of hijacked fuel tankers killed up to 70 civilians in northern Afghanistan on Friday.

➜ The military said it is investigating both situations. (AP)

FAME From Prez to Celeb Venezuelan President Hugo Chavez received a movie star welcome Monday at the Venice Film Festival, where he walked the red carpet with director Oliver Stone for the premiere of the documentary "South of the Border." Hundreds of admirers gathered for the leader's arrival. A few held up Venezuelan flags and a banner in Spanish that read, "Welcome, president." Chavez praised Stone's work for depicting what he said were improvements made across Latin America. (AP)

In Brief

ASHRAF SHAZLY/AFP/GETTY IMAGES

Sudanese journalist Lubna Hussein, center, leaves her hearing on Monday.

KHARTOUM, SUDAN

Female Journalist Found Guilty of Public Indecency

A woman journalist was convicted Monday of public indecency for wearing trousers, but was spared a sentence of flogging. A defiant Lubna Hussein said she would not pay a $200 fine and would serve a month in prison instead to protest Sudan's draconian morality laws that prohibit women from wearing clothing deemed indecent. (AP)

TAIPEI, TAIWAN

Premier Quits Over Slow Response to Typhoon

Taiwan's premier resigned Monday amid criticism of the government's slow response to the most devastating storm to hit the island in 50 years. Liu Chao-shiuan said he was leaving office because his Cabinet had completed the initial stage of rehabilitation work after Typhoon Morakot hit on Aug. 8. (AP)

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World

French Kiss 'La Bise' Bye

Swing flu fears have France rethinking a traditional greeting

PARIS | It's a ubiquitous French tradition, as familiar as a baguette or an espresso at the neighborhood cafe. Now, "la bise," the cheek-to-cheek peck that the French use to say hello or goodbye, has come under pressure from a globalized threat: swine flu.

Some French schools and companies, and a Health Ministry hotline are telling students and employees to avoid the social ritual out of fear the pandemic could make it the kiss of death, or at least illness, as winter approaches.

France isn't calling for a ban on kisses. But many see instructions to avoid "la bise" as a threat to tradition.

Mainland France has counted only three swine flu deaths. The tally is worse in French southern hemisphere holdings now in winter, such as the South Pacific island of Nouvelle Caledonie, with seven deaths and 35,000 cases overall, according to local officials.

Across France, authorities and school officials are taking few chances — while trying to avoid stirring panic when the academic year started last week.

For kids in two schools in the town of Guilvinec, in France's western Brittany region, the first lesson of the year came from local officials: no more cheek kisses to teachers or other students.

"I asked the children not to kiss anymore," Mayor Helene Tanguy said. "I felt that the protections sought — to wash hands regularly, not throw used handkerchiefs around and not cough any old way — had no meaning if we let the kids keep kissing." JAMEY KEATEN (AP)

Israel Approves West Bank Homes

JERUSALEM | Israel officially approved the construction of hundreds of new homes in the West Bank, the Defense Ministry said Monday, deepening an already unprecedented rift with the U.S. over Israeli settlement expansion.

The construction is the first approved by the government of Prime Minister Benjamin Netanyahu, who is under heavy U.S. pressure to freeze all settlement activity on captured lands claimed by the Palestinians for a future state.

Netanyahu, trying to placate the Americans, has said the newly approved homes are a prelude to a freeze, but that's been a tough sell internationally because Israel also plans to complete an additional 2,500 homes already under way.

SEBASTIAN SCHEINER/AP

A worker builds a house in the Jewish West Bank settlement of Har Gilo.

Under the order, Defense Minister Ehud Barak authorized construction of 366 new apartments, the Defense Ministry announced. An additional 84 new apartments will be approved in the near future, bringing the total to 450. (AP)

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A Nice Problem to Have

Unexpected financial windfalls can easily slip away if the urge to splurge wins out

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A surprise inheritance, a lawsuit settlement, a lottery prize or perhaps a buyout from your employer could mean you suddenly find yourself with extra cash. Chances are, it won't be a $300 million Powerball jackpot. But even a far smaller windfall can help provide financial security if you handle it wisely. The key is to think first, spend later.

Correct Past Mistakes

If you receive a fairly modest amount, say $10,000 to $50,000, a good use may be to repair some potential problems.

For instance, when examining your debt load, you should certainly focus on any high-interest balances.

Using your windfall to pay down debt would not only remove the burden of monthly payments, but it would save more in interest than you could expect to make by investing the same amount in the stock market. The vast majority of the time, paying down debt is going to be "at the top of my list" of recommendations, said Ronald Myers, a planner with Associated Investor Services in Fort Lauderdale, Fla.

BRETT FLASHNICK/AP

Solomon Jackson Jr. of Columbia, S.C., won a $260 million lottery prize in August. Financial windfalls such as lottery prizes can go to waste without proper planning.

The key to handling a windfall of any size is to think first, spend later.

Identify Goals

In the same way, removing other financial obligations that cause stress or cost a lot could help dramatically improve your financial situation. This will allow you to use future earnings to reach your goals.

Typically, advisers say people who come into modest amounts don't seek financial advice. Even those who receive more substantial sums, such as $100,000 to $500,000, often don't seek help, which may be a mistake. Without some guidance, the temptation may be to spend that money in ways that could cause problems or disappointments later on.

Think Long-Term

One big issue, especially if you find yourself with $1 million or more, will be whether to quit your job. It may be tempting, but the sum you receive may not be enough to support your lifestyle, even if it seems like a lot of money.

In general, advisers say you can spend about 4 to 4½ percent of your principal if you want your money to last. That's just $40,000 to $45,000 a year from a $1 million pot. That's not a lot to retire on.

Finally, no matter how much money you receive, plan to spend at least a bit of it on something fun. If you don't, you might even grow to resent the money you received.

"Do something nice with that to reward yourself," said Marc Henn, president of Harvest Financial Advisors in Cincinnati. "We can work with the other 90 percent."

EILEEN AJ CONNELLY (AP)

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Local

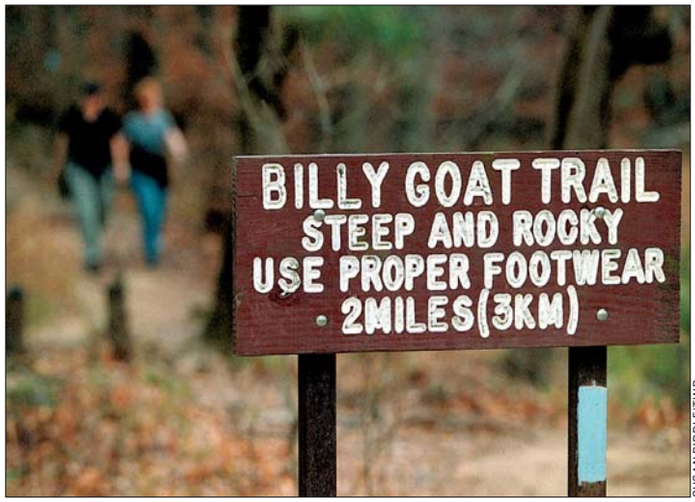
A Proposal to Remember in Md.

Woman rescued from fall after man pops the question on trail

It could not have been a more memorable proposal.

A man took his girlfriend hiking Sunday afternoon on the gorgeous — albeit rocky and rough — Billy Goat Trail near Great Falls, Md. At some point, he popped the question. She said yes.

As they continued their walk, the woman apparently slipped and fell down a rock face and was injured. Unable to easily access her any other way, emergency responders had to use a U.S. Park Police helicopter to pluck her off the path.



SUSAN BIDDLE/TWP

U.S. Park Police rescued a woman from the Billy Goat Trail Sunday. The woman fell down a rock face and was hurt after she accepted her boyfriend's marriage proposal.

Authorities said the woman, who briefly lost consciousness, suffered bumps and bruises, and injuries to her head and chest, but her injuries were not life-threatening.

"That must have been a heck of a proposal," joked assistant chief Scott Graham of the Montgomery County Fire and Rescue Service. "I believe she did [say yes]. ... If she didn't, I think we ought to investigate this one."

Officials blamed the woman's fall on the treacherous terrain; she had not been drinking and she was wearing the proper footgear.

MATT ZAPOTOSKY (THE WASHINGTON POST)

Rally to Decry Tax-and-Spend Agenda in D.C.

WASHINGTON | Organizers say thousands are expected in Washington later this week for a taxpayer rally in protest of what they say is a nonstop tax-and-spend agenda on Capitol Hill.

The rally is scheduled to begin Thursday at the D.C. Armory and end Saturday with a march from Freedom Plaza to the U.S. Capitol steps.

Event organizer Brendan Steinhauser of FreedomWorks — a conservative organization led by former House Majority Leader Dick Armey — says he expects tens of thousands to attend on Saturday. (AP)

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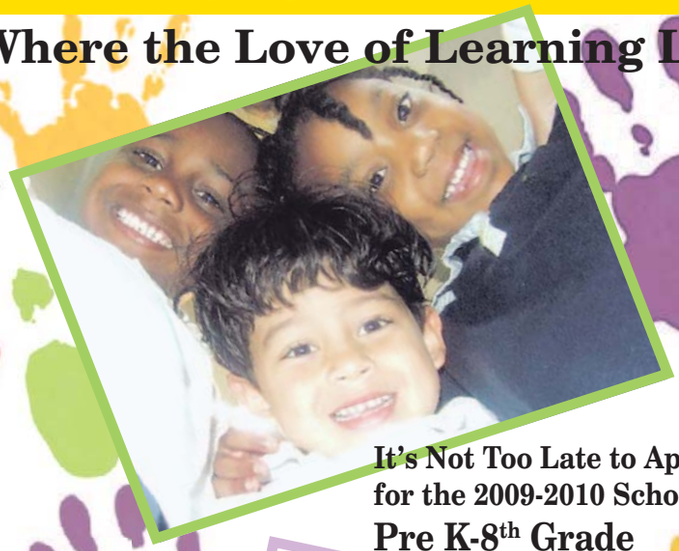
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Local

BUENA VISTA, VA. | SIGN OF A NEW GOVERNOR

JAHI CHIKWENDIU/TWP

ON THE FENCE: James Stretch climbs a fence decked out in signs for Virginia gubernatorial candidates Republican Bob McDonnell and Democrat Creigh Deeds after the two participated in the annual Labor Day parade in Buena Vista.

Metro Projects Budget Shortfall

Transit agency seeks to plug gap in 2010 without raising fares

Metro officials are projecting a major budget shortfall next year with expenses ballooning by more than $90 million and revenue dropping by nearly $40 million, according to a budget forecast prepared by the agency's staff.

The budget forecast, which will be presented to board members on Thursday by chief financial officer Carol Kissal, is intended to offer early guidance and start discussions about how to plug one of the largest budget gaps in the transit agency's 33-year history.

Metro's leaders have warned that the poor economic climate might require them to raise fares. Last year, the agency consolidated bus routes, laid off hundreds of employees and tapped its rainy-day fund to close an even larger budget deficit, but avoided raising fares. Board members acknowledge that the choices will be tougher this time.

"There is nobody who wants to raise fares — not a single one of us," said Peter Benjamin, chairman of the board's finance committee.

JAMES HOHMANN (THE WASHINGTON POST)

The Lotteries

Monday, Sept. 7

DISTRICT

Mid-day Lucky Numbers	5-7-2
Mid-day DC 4	5-1-3-7
D.C. Five (Sun.)	1-7-7-7-8

MARYLAND

Mid-day Pick 3	4-6-8
Mid-day Pick 4	6-6-0-6

VIRGINIA

Mid-day Pick 3	5-2-4
Mid-day Pick 4	0-6-4-8
Mid-day Cash 5	2-9-19-24-26

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express BEST of 2009

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From now through Friday, Sept. 18, tell us about your favorite D.C.-area people, places and things in up to 150 categories. Then come back Monday, Oct. 5, to vote for the finalists. The winners will be announced Friday, Nov. 6.

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- Concert Series
- Dance Club
- DJ Night
- Film Festival
- Gallery
- Indie Bookstore
- Jazz Venue
- Karaoke
- Local Artist
- Museum
- Open Mic
- Place to See a Blockbuster
- Spot for Readings
- Theater
- Venue

SHOPS & STYLES

- Accessory Source
- Consignment Store
- Florist
- Gift Shop
- Indie Hardware Store
- Indie Home Decor Store
- Indie Shoe Store
- Indie Women's Boutique
- Jeweler
- Men's Store
- Place to Buy Crafts
- Vintage Store
- Wedding Boutique
- Day Spa
- Man-Friendly Spa
- Mani/Pedi
- Massage
- Men's Haircut
- Shave
- Women's Haircut
- Wax

SPORTS & RECREATION

- Amateur Sports League
- Biking Trail
- Camping Spot
- Hiking Trail
- Gym
- Place to Learn How to Beat Someone Up
- Place for Watersports
- Race
- Snow Skiing Spot
- Swimming Pool
- Weird Sport
- Yoga Studio
- College Basketball Team
- D.C. Team
- Local Athlete
- Stadium

HOME & AWAY

- Day Trip Destination
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- Local Blog
- Local Information Source
- Metro Station
- Monument
- Neighborhood
- Ongoing Political Issue
- People-Watching Spot
- Place to Go With Someone You Don't Like
- Post-College Classes
- Public Breakup Spot
- Reason to Go To Baltimore
- Reason to Travel Outside the Beltway
- Senator/Representative
- Unintentionally Funny Thing About D.C.
- Volunteer Organization
- Wedding Venue
- Weird Landmark

FOOD & DRINK

- Bar
- Bar Food
- Bartender
- Brunch
- Cocktails
- Dive Bar
- Gay Bar
- Happy Hour
- Irish Bar
- Quiet Bar
- Singles Bar
- Sports Bar
- Restaurant
- New Restaurant
- Meal Under $20
- 24-Hour Eatery
- American
- Bakery
- Barbecue
- Brunch
- Burger
- Chinese
- Comfort Food
- Cupcake
- Date Spot
- Farmers Market
- Frozen Yogurt
- Health Food Store
- Gourmet Food Store
- Ice Cream
- Indian
- Indie Coffee Shop
- Italian
- Kebab
- Pizza
- Place to Get Work Done
- Place to Go If You're an Intern
- Place to Meet Rich People
- Place to Stick to Your Diet
- Place to Take Your Parents
- Restaurant Bathroom
- Salad
- Seafood
- Source of Free Food
- Steakhouse
- Street Food
- Sushi
- Tex-Mex
- Thai
- Vegetarian Food
- Weird Food
- Wine List
- Wings

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Giants Star Lays It on the Line

Umenyiora says he hasn't lost a step in return from injury

REDSKINS | There already were plenty of good reasons to scrutinize defensive end Osi Umenyiora closely before and during the New York Giants' season opener Sunday against the Washington Redskins at Giants Stadium.

The former Pro Bowler is returning from a knee injury that cost him all of last season, and the Giants' Super Bowl hopes would be bolstered greatly if he regains the quickness and elusiveness that once made him one of the top pass rushers.

4:15 P.M. | FOX
Sunday

But Umenyiora was elusive in a different way last week, leaving the Giants temporarily in what was depicted as a disagreement with new defensive coordinator Bill Sheridan, and that has made the spotlight on him even brighter as the new season approaches.

Umenyiora rejoined the Giants later that same day, a few hours after departing. But coach Tom Coughlin termed it an unexcused absence at the time and it was a new — albeit modest, by comparison — dose of drama for a team that endured the Plaxico Burress saga last year and began training camp this summer with the welcome news that linebacker Antonio Pierce had not been indicted by a grand jury for his role in the Burress incident.

Umenyiora apologized once he rejoined the Giants and rejected the notion that there might be a rift between him and Sheridan.

JONATHAN NEWTON/TWP

Here's a scene Redskins quarterback Jason Campbell would rather not see repeated Sunday: Osi Umenyiora chasing him.

"It was very miniscule, and when I think about it, I can't believe I acted that way," Umenyiora told reporters the day after his absence. "It was so uncharacteristic of me, but I just did it, and I'm sorry for it. I apologized and, hopefully, we can move on from there."

For Umenyiora, the next step is to take the field against the Redskins and begin to prove that he is the same player he once was. He led the Giants in sacks in four-straight seasons between 2004 and 2007, even while playing alongside standout pass rushers such as Michael Strahan and Justin Tuck. The trio anchored the pass rush that helped the Giants to their Super Bowl upset of the New England Patriots after the 2007 season.

Now he's back, and he said that he knew as far back as off-season drills that his knee was sound and the explosiveness had returned to his game. "I already know that," Umenyiora said. "I knew it in the [off-season] workouts and practices. I know I'm the same player. I have to be smart about it. There could be some setbacks. But I know I'm the same player."

MARK MASKE (THE WASHINGTON POST)

> **"I know I'm** the same player. I have to be smart about it. There could be some setbacks. But I know I'm the same player."
>
> —OSI UMENYIORA
>
> THE GIANTS DEFENSIVE LINEMAN, WHO MISSED LAST YEAR WITH A KNEE INJURY.

REDSKINS INSIDER

QB Woodson Offers Inside Take on Giants

THE REDSKINS' new practice squad QB is more than a little familiar with Washington's first opponent. Andre Woodson, the Giants' sixth-round pick in 2008, spent most of last season on their practice squad and spent this preseason in New York before being released Saturday. The good news: He's purged everything with a Giants logo. The bad news: He also had to turn in his Giants playbook. "Anything to help the Redskins out, I'm willing to do," he said. RICK MAESE (THE WASHINGTON POST)

Read More: For the latest on the Redskins, visit **washingtonpost.com.**

NFL No. 1 on the Depth Chart Matt Stafford has won the Detroit Lions' starting quarterback job. Lions coach Jim Schwartz told his team Monday morning that the No. 1 overall pick in April's draft would start Sunday's game against the New Orleans Saints. Stafford had been battling veteran Daunte Culpepper for the position, and Schwartz stressed it had been a case of Stafford's winning the job instead of Culpepper's losing it. The Lions are coming off the first 0-16 season in NFL history. (AP)

In Brief

PAUL BEATY/AP

Chicago's Mark Buehrle won his first game since his July 23 perfect game.

BASEBALL

Buehrle Ouduels Beckett In Battle of the Soxes

Mark Buehrle won for the first time since pitching a perfect game on July 23, ending his eight-start drought by leading the Chicago White Sox over the Boston Red Sox 5-1 Monday. Carlos Quentin homered as Chicago took three of four from the AL wild-card leaders. Buehrle (12-7) outpitched Josh Beckett (14-6), scattering eight hits over seven-plus innings. (AP)

NFL

Browns Mum on QB Battle

Brady Quinn and Derek Anderson still don't know who won their competition. The Vikings are in the dark, too. Cleveland's starting quarterback remains Eric Mangini's secret. And he'll keep it as long as he can. Mangini has finally made his choice between Quinn and Anderson, but the Browns' first-year coach declined to identify who will start Sunday's season opener against Minnesota. (AP)

GOLF

Stricker Takes Deutsche Bank, No. 1 in FedEx Cup

Steve Stricker has made birdie on the last two holes to win the Deutsche Bank Championship and move to No. 1 in the FedEx Cup standings with two tournaments remaining. In a wild finish on Labor Day, a half-dozen players had a chance to win on the par-5 18th hole. Stricker delivered with a chip from behind the green that settled two feet away for a tap-in birdie for a 4-under 67. (AP)

Soul & Jazz Artist

Marilyn Ashford-Brown

Grammy Award winner Patti LaBelle, and vocalist Marilyn Ashford-Brown were selected to perform by the Congressional Black Caucus in 2008 as then-Presidential candidate Barack Obama accepted the evening's highest honor, the Phoenix Award.

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Sports

Bradford Out Indefinitely

Reigning Heisman winner sidelined with a sprained shoulder

COLLEGE FOOTBALL | Oklahoma coach Bob Stoops says it will be a week or two before the third-ranked Sooners have a timetable for the return of Heisman Trophy winner Sam Bradford from a sprained shoulder.

Stoops said Monday on the Big 12 coaches' conference call that the quarterback has either a Grade 2 or Grade 3 sprain of the AC joint in his right — throwing — shoulder.

"A lot of it depends on how he heals and how he feels as he's healing here through the week," Stoops said. "In the end, it's going to be awhile before we know what the plan will be."

Bradford was injured in the second quarter of Oklahoma's season-opening 14-13 loss to BYU on Saturday when he was hit by linebacker Coleby Clawson. Redshirt freshman Landry Jones, making his college debut, replaced Bradford.

TONY GUTIERREZ/AP

Sam Bradford sprained his shoulder during a 14-13 loss to BYU on Saturday.

The Sooners play Idaho State of the Football Championship Subdivision on Saturday in their home opener. Of more concern are games looming against Tulsa on Sept. 19, at Miami on Oct. 3 and the showdown with No. 2 Texas in Dallas on Oct. 17.

Longhorns quarterback Colt McCoy, who finished second to Bradford in the Heisman Trophy balloting last year, said Monday he sent Bradford a get-well text message.

The two became friends during the Heisman festivities last December and then while rooming together at the Manning Camp for high school players over the summer.

"I told him I'd be praying for him and hope that he gets better soon. ... I wish him the speediest recovery possible," McCoy said. "I hope that he gets back and plays as soon as he can, whether that's for us or next week. I want him to be able to play because he's a great football player." JEFF LATZKE (AP)

17 **THE NUMBER OF** consecutive losing seasons the Pittsburgh Pirates have had, secured by a 4-2 loss to the Chicago Cubs on Monday. The string of losing seasons is a Major League Baseball record and the longest losing streak of any team in the four major North American professional team sports. (AP)

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Sports

Cavaliers Remain at a Loss

Virginia coach can't explain fundamental flaws against W&M

CAVS FOOTBALL | Virginia coach Al Groh says repeated failures in basic fundamentals — and not the Cavaliers' difficulty grasping their new offensive system — was to blame for the team's poor showing in a season-opening 26-14 loss to William & Mary.

The Cavaliers committed seven turnovers that turned into 19 points for the Tribe on Saturday night, and their bumbling and stumbling went far beyond just giving the ball away.

"There are certain things that transcend any system you're in," Groh said Monday.

There were, for example, two dropped interceptions, including one that looked like a sure touchdown. There were two bad snaps in the shotgun formation, one that was fumbled away and the other never getting off the ground. And there were two blown coverages on long passes that Tribe quarterback R.J. Archer failed to capitalize on, each time overthrowing his target.

ANDREW SHURTLEFF/AP

Virginia had trouble tackling, holding onto the ball and other basic fundamentals in its loss on Saturday to William & Mary. The Cavaliers play No. 17 TCU next week.

"Being able to snap the ball properly, carrying the ball high and tight so you don't fumble it, catching punts properly. Those things are — doesn't make any difference what your system is," Groh said.

Groh was critical of all three people who played quarterback in the opener, highlighting an even larger question facing the Cavaliers with No. 17 TCU coming to town. Who is the quarterback, or when will you pick one and go with him?

"Clearly, when one of them shows that he is by far the best option," he said. HANK KURZ JR. (AP)

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Sports

Oudin Pulls Another Upset

Teenager continues run at U.S. Open with rally against Petrova

TENNIS | Forget about forehands and backhands. Melanie Oudin's biggest weapon is her heart.

The 17-year-old sparkplug from Georgia proved it again Monday at the U.S. Open, extending her remarkable run to the quarterfinals with another come-from-behind victory, 1-6, 7-6 (2), 6-3 over 13th-seeded Nadia Petrova.

Oudin staved off four points that would have put her behind 5-3 in the second set, then rolled through the third, hitting corners with those underrated groundstrokes and taking advantage of 22 unforced errors by her more-seasoned, higher-ranked opponent.

AMY SANCETTA/AP

Melanie Oudin celebrates after winning in three sets on Monday in New York.

Rankings, like her age, however, are only numbers.

The 70th-ranked player already had wins over No. 4 Elena Dementieva and No. 29 Maria Sharapova at Flushing Meadows, along with one over former No. 1 Jelena Jankovic this summer at Wimbledon. Now, she's knocked off No. 13.

After hitting a forehand to the corner for her 19th and final winner on match point, Oudin threw her racket in the air. This time, however, she didn't cry any tears of disbelief. Instead, it was twin sister Katherine sobbing in the stands.

"I'm so happy to be in my first quarterfinal Grand Slam ever," Oudin told the crowd in her postmatch, on-court interview.

EDDIE PELLS (AP)

Open Results: For more of the action at the U.S. Open on Monday, including Roger Federer's match **washingtonpost.com/sports**

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN2) After finally ending their losing streak, the Nats try to avoid another when hosting the Philadelphia Phillies.

ORIOLES (7 P.M. ON MASN) The Birds are looking to play spoiler against the Red Sox, who are fighting for the AL's wild-card spot.

TENNIS (11 A.M. AND 7 P.M. ON ESPN2) The men's round of 16 and women's quarterfinals continue at the U.S. Open in New York.

Track Coach Quits After Gender Flap

TRACK | A South African track coach has resigned, saying Monday that he and other officials failed a world champion runner by not telling her she was being subjected to tests to determine her sex.

Wilfred Daniels said he found out shortly before Caster Semenya won the 800-meter race at the world championships last month that she had been tested in South Africa in July at the IAAF's behest. He said she was told she was undergoing only a doping test.

Semenya

Athletics South Africa President Leonard Chuene told The Associated Press on Monday that Daniels' statements were "wild allegations." Both he and Daniels said Monday they were still awaiting an IAAF ruling on Semenya's sex. (AP)

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fit

Weight for a better body by exercising with kettlebells E4

Soap makers are loading bodywashes with things that do more than clean you, from pheromones to garden goodies

E5

Keep the doctor away with a sweet baked apple treat E6

express | EXPRESSNIGHTOUT.COM | EXERCISE, NUTRITION AND WELLNESS TO MAKE YOU LOOK AND FEEL YOUR BEST | SEPT. 8, 2009

DR. SMITH COMES TO WASHINGTON

THE MAN BEHIND THE 50 MILLION POUND CHALLENGE ENCOURAGES FOLKS TO WALK OFF THEIR WEIGHT E4

ILLUSTRATION BY ALYCE JONES/EXPRESS

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Kidding Is OK, But the Kiddo Routine Isn't

Q A close friend of mine has an annoying habit of admonishing me like a child in front of others. One on one she's fine, but get her in front of an audience and she becomes Sanctimonious Sally, and I find myself clamming up around her for fear of getting my knuckles rapped with a ruler. Sometimes it seems like she puts me down in an effort to show what a goody-goody she is, and I deserve more respect than that. Trying to confront her on her behavior is useless — she gets very angry and defensive. That said, is there any quick and effective way to deflect her comments the next time she "schoolmarms" me in public? – TIRED OF BEING TREATED LIKE A CHILD

BENDEPENDENT.COM

There seems to be a larger question here. A defensive, angry person who constantly puts you down — even if she magically morphs into the Sugar Plum Fairy when you're one on one — is a dubious inclusion in one's "close friend" list. So, long term, the answer seems to be to bump her off it.

In the meantime, take the high road — trust me, others will notice — and don't let her get your goat. Deadpan a "Wow," heavy on the blank staring, when she's really rude, or if bubbliness is more your style, smile sweetly and say, "My, it's hard to believe you just said that to me!" And if you just can't stand it, a breezy "Aye, aye, Captain!" will get the message across, too.

Is 'Good Enough' What You Want?

Q What is the best thing to do about ambivalence in a relationship? I've been with a wonderful person who truly loves me for about two years. I am not sure if I feel the same way, although I want to more than anything. I feel as though the relationship is good enough that I don't want to leave it, but at the same time I'm not sure if it is what I truly want. Would I be settling if I stayed in it? – HELP!

This is going to sound at best like circular logic and, at worst, like something that will make you pull your hair out. But the best way to deal with ambivalence is to let the two sides fight it out, and see which feelings win.

Generally speaking, desperately wanting to feel something that you don't actually feel is not a satisfying way to live. And you're also dealing with the inherent power imbalance of knowing that he's more into you than you're into him. It's one thing to "settle" in the sense that your dream guy chews his toenails. It's quite another to go through daily life with nagging doubts, knowing, deep down, that you don't really seem to feel the way you would need to in order to be fulfilled.

The difference between "good enough" and "what you truly want" is where all the emotional action is — and that's what you need to spend some time exploring. Figuring out how big the gap is between those two concepts will ultimately get you your answer.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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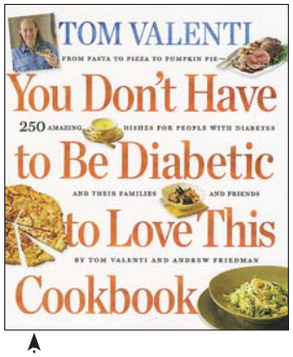
Goods | fit

NEW IN HEALTH

warm ups



CARVE OUT CARBS

When pasta-loving chef Tom Valenti was diagnosed with diabetes, he mourned his "culinary life." But in "You Don't Have to Be Diabetic to Love This Cookbook" ($19.95, Workman), he offers recipes that allow him to indulge in fettuccine (smaller portions), sandwiches (lettuce wraps!) and dessert (apple pie, hold the crust).

ALL-STAR STRETCH

NBA players might not be into Sanskrit, but they can appreciate what yoga does for their game, especially when Kent Katich is their mat coach. His workouts and assorted accessories are part of the macho Yogaletics collection ($29.99-79.99, preorder at Gofit.net or 888-530-4441).

GREAT WHITES HOPE

Fed up with being yoked to yolks anytime you want to chow down on a quick breakfast? Crack open one of Cedar Lane's new egg white burritos ($2.99) and omelettes ($3.99). They're low in cholesterol, high in protein, and, even without the yellow stuff, they're delightfully flavorful.

CALL TO GLORY

Tweens maybe haven't learned to freak out about parabens and sulfates yet. Help them kick off a life of natural beauty care products with Glory for Girls (Gloryforgirls.com), a line featuring an antioxidant-rich wash ($16), scrub ($12) and other shower caddy staples in recyclable packaging.

GUINEAPIG

Best Way to Get A Restraining Odor

Febreze knows you stink. Don't worry — it won't tell anyone. It just thinks you might want to give your gym bag and filthy clothes a spritz or two of its Sport Extreme Odor Eliminator ($11.99, Amazon.com) so no one else has to suffer.

The arrival of this powerful formula in our office coincided with the decision about whether to toss a ratty pair of running shoes that had taken a trip through doo and other unidentifiable ickiness. One was sprayed and its partner wasn't. For a slightly easier test, we also turned the nozzle on a shirt that seemed to reek of sweat even after a couple tumbles in the washer and the not-so-fresh inside of a hamper. Immediately after treatment, all smelled sweetly of the fragrant Febreze.

But after a day, both shoes stank equally again (and landed in the trash). The shirt and hamper, however, were much improved. In short, yea for spray.

VICKY HALLETT (EXPRESS)

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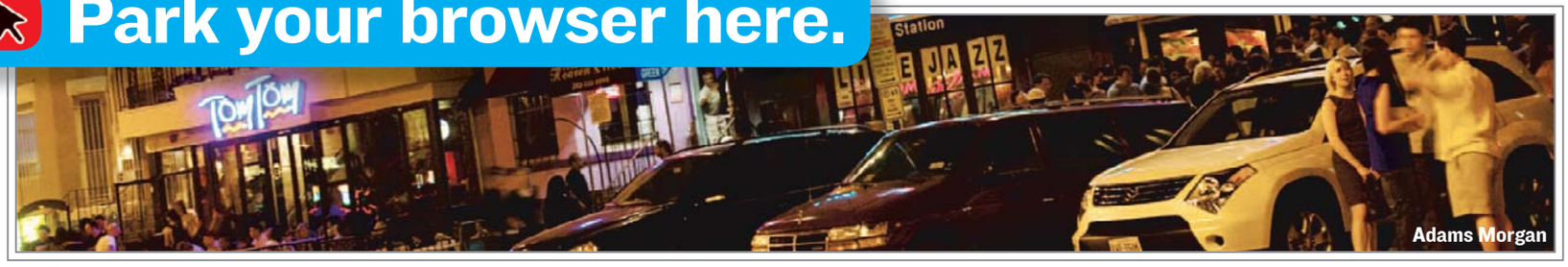

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BODYTALK

ISTOCK PHOTO

Getting Into the Swing of Things

Are there any benefits to using kettlebells instead of dumbbells?

Think of these cannonball-shaped weights as explosive weapons to add to your strength-training arsenal. "A kettlebell's thick offset handle makes it easier for you to perform full-body exercises, such as swings and squats, than with dumbbells," says Dan John, a competitor in Olympic weight lifting and a strength-training coach based in Draper, Utah. "The design also allows you to change hand positioning midway through a move so you can perform hybrid lifts, like the snatch and the clean and press." The result: You'll burn fat and pack on muscle faster. John advises either integrating kettlebell exercises into your current routine or dedicating one training day a week to them. (For a primer, visit Menshealth.com/kettlebell.) Note: Kettlebell weights are often labeled in kilograms. (Remember, this is Russian hardware.) John recommends that experienced lifters start out with a 16-kilo (35-pound) weight, and beginners with a 7-kilo (15-pound) weight.

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event horizon

→ Falling short of your fitness goals? Get geared up for autumn at SomaFit's open house this Saturday (9 a.m.-6 p.m., 2121 Wisconsin Ave. NW, 202-965-2121, Somafit.com). Dig into a smorgasbord of free classes, massages and nibbles.

NIKKI KAHN/TWP

Pound for Pounds

Take a stand against obesity by walking with Dr. Ian Smith

In the two and a half years since Dr. Ian Smith helped kick off the 50 Million Pound Challenge on the National Mall, 1.4 million folks across the country have signed up to tackle their weight-loss goals at 50millionpounds.com. And, collectively, they've managed to drop nearly 5 million pounds.

While that's a solid start, it's not enough for New York-based Smith, who has made a career out of fighting obesity — from taking part in VH1's "Celebrity Fit Club" to his books, including "The Fat Smash Diet" and "The 4 Day Diet." To keep momentum building, he's spearheading the Challenge Walk Off this Saturday. Mayors in cities nationwide are leading the treks, and Smith will be headed to Alexandria to join Mayor William Euille (and Rep. Jim Moran) during a day of free family fitness fun at the Charles Houston Recreation Center (901 N. Wythe St., 8 a.m.-3 p.m., Alexandriava.gov/recreation).

What is this Challenge Walk Off?

The idea is no one has had an organized walk for health and against obesity. There are walks for breast cancer and MS, but there's never been one for another big killer: obesity. It's not just walking for awareness, but helping solve the problem. So many people are deconditioned, and small steps can make a huge difference. They think they need to start running, and train for a marathon or triathlon to make a difference. Too many people try to do too much too fast.

Q+A

What are the other biggest misconceptions about weight loss?

People think they can starve themselves to weight loss. The proper way is by changing behaviors, finding a support system and surrounding yourself with people who have a good attitude about nutrition. Weight loss can be contagious.

What about the Time cover story about exercise making us fat?

Nonsense. With all due respect to people trying to sell publications, you don't need to be a doctor to know that's wrong. Those kinds of headlines set us back, and it will take us 10 times longer to reach our goals. Most people don't want to exercise, so they see that and they glom on to it.

How did you come up with the 50 million number?

We wanted to have a concrete goal to strive for. If we could get 10 million people to lose 5 pounds, we'd be there. It had substance and was attainable but would require a sustained effort. We're at nearly 5 million pounds now, and it's growing like an exponential curve. We'll hit a critical mass and we'll get there.

> "The kinds of behaviors we're promoting will increase their life span [and] allow them to live better lives."

People have heard they need to eat better and exercise more before. How do you get through to them?

I try to talk to people about the real reasons they're overweight. They're mostly psychological. It's emotional eating and stress eating. It's understanding why you're eating in the middle of the night and why you're resisting going for a walk. I never say it's easy. It's difficult, and it's a journey. And it's not just weight loss — the kinds of behaviors we're promoting will increase their life span, allow them to live better lives and even help them financially.

How have you been motivated by all of the news about obesity continuing to grow?

The number that we spend on obesity — over $140 billion a year — is incredible. We're in the midst of health care reform, and that's where a lot of our money is going. Obesity is a disease that strikes everybody, all ages, races. Yet, it can never seem to get the alarmist pop of swine flu. Obesity kills many more people. We need to talk about what's difficult, talk about successes and keep people motivated.

You've written several successful diet books. What's your next one?

It's on happiness and how we can find it. When people focus on things that have more meaning, they will be more dedicated to getting healthy. VICKY HALLETT (EXPRESS)

Looks | fit

4score

Bodywashes with a bonus bestow more shower power

When bottles of liquid took over from the bathroom bars of yore, the product was basically the same: soap. But manufacturers have decided that members of our multitasking society would prefer a product that does more than merely clean. MARC SILVER AND VICKY HALLETT (EXPRESS)

Fancy Plants

➜ Ahava Mineral Botanic ($19.50)

BATHING BONUS: Using "healthy Dead Sea minerals" is the brand's usual schtick, but for this new line of seven velvet cream washes, it's also plucked goodies from the garden. Each is a combo pairing two complementary botanicals with certain beneficial properties — such as grape, which smoothes the skin, with avocado, which promotes skin regeneration. Other matches include honeysuckle and lavender; orange and frangipani; lotus flower and chestnut; and water lily and guarana.

SUDS STUD? As promised, the blends do seem to boast a richer, "more velvety" foam than other body washes. But the best part is the smell, a whiff of smoothie that makes you want to drink the Dead Sea.

Wholesome Threesome

➜ Nivea for Men Active3 ($5.99)

BATHING BONUS: Enriched with the somewhat mysterious Advanced MicroTec-Technology (defined as "high-tech polymers" and "essential nutrients"), the grooming product is a body wash, a shampoo and a shaving gel in one. The original idea was to appeal to "low-grooming-involved" men, according to the company, but the product is also effective for men interested in the more traditional "high grooming."

SUDS STUD? After toweling off, your body's bound to feel squeaky clean. Your hair will, too, although don't expect the silky bounce you'd get from borrowing your wife's shampoo. As for shaving what the label vaguely calls "area to be shaved," it certainly foams up. (Test was performed on face only.) The trial size, sold at some drugstores, is a smart addition to your travel bag.

Having a Ball

➜ Softsoap Nutri Serums ($5.49)

BATHING BONUS: The bottle looks like an alien form of bubble tea, but those orbs suspended in the soap are "softening serum pearls." Plus, the formulas are enriched with vitamin E and omega-3 and omega-6 fatty acids.

SUDS STUD? There's no denying that gloop looks cooler when studded with golden globes. But they're tricky to burst, so if you're not a vigorous scrubber, most of the special serum's headed straight down the drain.

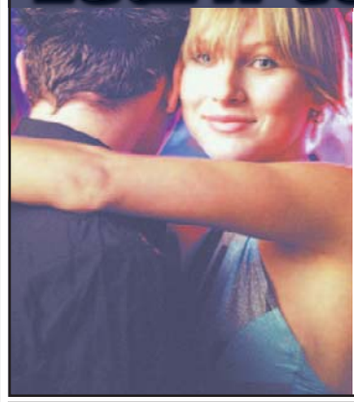
Heaven Scent

➜ Dial For Men Magnetic ($5.49)

BATHING BONUS: Synthetic male pheromones are the most expensive additive Dial has ever put into one of its products. But the company says it was worth the price to create the first "attraction enhancing" wash.

SUDS STUD? The creepy colors (blood red and a milky blue) are off-putting, but the smell is spicy. And, fine, sexy, too. But, guys, be sure to hide it if you get a gal home. She won't want to know she's a sucker for smell.

Learn to Dance!



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fit | Nutrition

EATINGIN

WITH APPLES NEARING peak season, it's easy to want more than one a day regardless of any plans to see your doctor.

Apples — of which about 2,500 varieties are grown in the U.S. — are jammed with antioxidants and flavonoids, both considered important parts of a healthy diet. They also are an excellent source of pectin, a natural fiber.

This time of year, apples often are best enjoyed unadorned, straight from the tree. But cooked apples can be a real treat, too. Either way, try not to remove the skin, because that's the best source of the apple's pectin and other nutrients.

In this recipe, apples are combined with nutritious nuts and the flavors of orange and cinnamon to create warm and comforting baked apples filled with dates and pecans.

To toast the chopped pecans, which enhances their nuttiness, place them in a small, dry skillet and cook over medium-low heat, stirring constantly, until they are lightly browned and fragrant, about three to five minutes.

This dessert, adapted from Rebecca Katz's "The Cancer-Fighting Kitchen," would make a lovely addition to a Rosh Hashanah celebration, especially if drizzled with a touch of honey (you can add it to the syrup in place of the brown sugar). JIM ROMANOFF (AP)

Baked Apples With Dates and Pecans

ONE HOUR, SERVES FOUR

INGREDIENTS

- **1/4 C** finely chopped toasted pecans
- **1/4 C** pitted and finely diced Medjool dates
- zest and juice of one orange
- **3/4 TSP** cinnamon, divided
- **1/4 TSP** salt
- **4** baking apples, such as Pink Lady, Pippin or McIntosh
- **1 TBSP** butter, melted (optional)
- **2 C** unfiltered apple juice
- **2 TBSP** brown sugar
- **2 TSP** cornstarch
- **1 TBSP** cool water

PREPARATION

1. Heat the oven to 350 F.

LARRY CROWE/AP

2. In a small bowl, stir together the pecans, dates, orange zest and juice, 1/4 teaspoon of the cinnamon and the salt.
3. Core the apples, leaving 1/2 inch at the bottom, and peel the top edges. Stuff the apples with the pecan filling, then brush the tops with the melted butter, if using.
4. Arrange the apples in an 8-by-8-inch baking dish. Add the apple juice to the bottom of the dish, then cover it tightly with foil. Bake until the apples are tender (but not mushy) when pierced with a fork, about 35 to 45 minutes.
5. Transfer the apples to serving plates. If desired, place the plated apples in the oven (with the heat turned off) to keep warm.
6. Transfer the juices in the baking dish to a small saucepan over medium. Simmer for five minutes, or until reduced by half. Add the brown sugar and remaining 1/2 teaspoon of cinnamon. Simmer, stirring constantly, until the sugar is dissolved.
7. In a small glass, mix the cornstarch and water. Add the mixture to the saucepan, then heat until thickened. Serve the apples drizzled with the thickened sauce.

308 calories, 2 g protein, 62 g carbs, 9 g fat, 8 mg cholesterol, 130 mg sodium, 6 g fiber

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FINAL CHALLENGE RESULTS!

For 12 weeks, 6 Express readers have been competing for $5,000 and a one-year membership to Gold's Gym. Challengers have racked up points for losing unwanted weight and winning fitness challenges. Each contestant has been given one hour each week to work out with a Gold's Gym Personal Trainer, to help them lose weight and prepare for their challenges.

This week our contestants faced their final challenge,
THE INDOOR TRIATHLON.
Points were awarded for each leg of the challenge, as well as for cumulative time.

CHALLENGER RANKING
MEAGHAN
LARRY
KIM
GREG
ANTHONY
JAMIE

STAIR CLIMBER: EACH INDIVIDUAL NEEDED TO COMPLETE 1 MILE AT LEVEL 5 ON THE STAIR CLIMBER.

GREG SAID: *"I am proud that my body is now in good enough shape that I was able to work on improving my time."* His trainer, Michael, had him focus on keeping a steady pace so Greg wouldn't wear himself out on the first task.

MEAGHAN SAID: *"I practiced doing a ton of squats, which built up my quads. Lunges also helped in building the glutes."* Her trainer, Jenny, recommended keeping hydrated for this event, because the stair climber can really make you sweat.

CHALLENGER RANKING
LARRY
JAMIE
MEAGHAN
KIM
GREG
ANTHONY

RECUMBENT BIKE: EVERYONE NEEDED TO BIKE 8 MILES AT LEVEL 5.

JAMIE SAID: *"The bike was a good way to recover after the stair climber. Sitting down allowed me to catch my breath."* But at a level 5, it was hard for her to go as fast as she might have liked, and after 8 miles, the seat started to hurt.

LARRY SAID: *"I use that bike to warm up each time I step foot into the gym. The hard part was, I had to reduce the resistance I'm used to (12), so my legs felt like they were spinning out of control."* All that warming up worked: Larry won the bike leg of the Triathlon!

CHALLENGER RANKING
MEAGHAN
GREG
KIM
ANTHONY
LARRY
JAMIE

TREADMILL: FINALLY, EVERYONE HAD TO COMPLETE 3 MILES ON THE TREADMILL AT LEVEL 5.

KIM SAID: *"Once I found a rhythm on the treadmill, I was able to increase my speed."* She also said her trainer, Tasha, advised her to prepare by drinking plenty of water the day before, and getting plenty of rest.

ANTHONY SAID: *"I'm not a runner, so just the idea of running on the treadmill was a challenge. Now, I'm ready to sign up for races in the area."* Anthony's trainer, Cameron, had him practice all three events at a higher intensity than would be needed for the challenge. So when he ran the triathlon, it was a lighter load.

OUR CHALLENGE WINNER IS:
MEAGHAN!

Not only did Meaghan have the best cumulative Triathlon time, she also had the best Stair Climber time and the best Treadmill time. In fact, she was able to hold to 10-minute miles on the Treadmill!

CHALLENGER RANKING
MEAGHAN
KIM
GREG
LARRY
JAMIE
ANTHONY

THE CONTEST WINNER WILL BE ANNOUNCED NEXT WEEK!

We have one more weigh-in and points to add from a previous challenge.

Our challengers meet with their Gold's Gym Personal Trainers each Tuesday to improve their physical fitness.
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Points are awarded weekly for weight loss and competitive challenges. In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.

CHALLENGERS	LAST WEEK	THIS WEEK	% OF WEIGHT LOSS	POINTS: WEIGHT LOSS	POINTS: CHALLENGE	POINTS: TOTAL
MEAGHAN	171.0	169.8	0.70	2	22	94
KIM	174.4	171.1	1.89	5	16	65
LARRY	315.6	313.8	0.57	1	16	69
GREG	217.0	214.0	1.38	4	14	63
ANTHONY	241.0	236.0	2.07	6	7	57
JAMIE	183.1	181.7	0.76	3	9	56

fit

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PSYCHOLOGY

Not-So-Nice Work

■ Stressed because you lost your job? It could be worse: You could still be employed. According to a University of Michigan study, people who were constantly worried about receiving pink slips reported poorer health than those who'd actually been given the heave-ho. As job insecurity seems to be on the rise, researchers advise reducing your level of stress by focusing on a healthy diet, exercise and regular doctor visits.

SUBSTANCE ABUSE

Lowering the Bar

■ What college students see as an awesome happy hour deal, researchers from the University of Florida view as a greater chance for violence and injury. A report slated to be published in Alcoholism: Clinical & Experimental Research found that bargain beers and booze lead to higher levels of intoxication. The authors collected data on 804 patrons leaving bars near a large university campus and found that pricier beverages meant fewer folks stumbled out inebriated.

EXERCISE

Beyond the Bend

■ Of course yoga burns calories, but it turns out that stretching, bending and breathing has an extra benefit for your waistline. Researchers at the Fred Hutchinson Cancer Research Center found that a regular yoga practice was associated with mindful eating habits, but other forms of exercise weren't.

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Principal Investigator: Anna Durbin, MD
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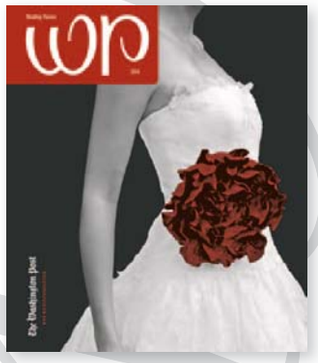

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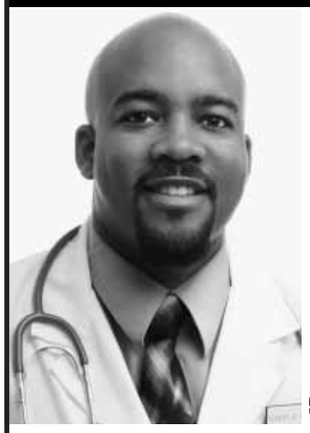

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Playing Oprah
Ludacris hands out 20 free cars to winners of an essay contest | 38

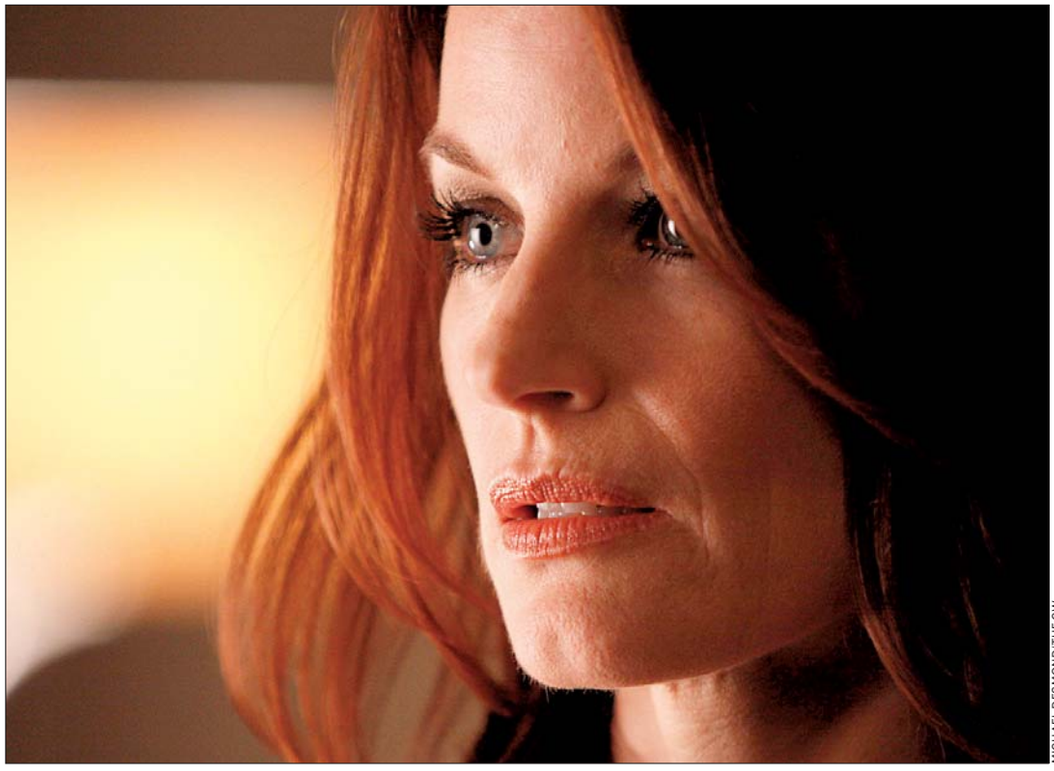
Back From the Dead

'Melrose Place' lives again, and so does its most tumultuous character, Sydney

TV | High point of the year: Sydney is back (and played by the same actress)! Sure, the new "Melrose Place" (9 p.m., CW) has been modernized to have the same glossy, hyperactive feel that the new "90210" has, but Sydney's return is worth it: She had her finger on the pulse of everything that made the original "Melrose Place" such a devilish treat — blackmail plots, seduction, sibling rivalry and murder schemes — so, her presence bodes well for the revitalized series.

If you're a stickler for details, you may remember that Sydney died in the original "Melrose Place." No worries! The new "Melrose" cleverly explains that away, by making several oblique references to her faking her own death, with the help of Dr. Michael Mancini (Thomas Calabro).

It remains to be seen whether the new "Melrose" will be the bed-hopping, backstabbing, catfighting hit that the original was, but the pilot sure looks promising. Doses of blackmail, prostitution, and closeted homosexuality add to "Melrose's" most important ingredient, ambition: These are people hungry for success, and they'll do anything they can to get to the top. Here's a brief rundown of the apartment complex's most recent residents:



MICHAEL DESMOND/THE CW

BELOVED VILLAIN: Laura Leighton returns to "Melrose Place" as Sydney, the complex, scheming landlord of the original show.

SYDNEY ANDREWS (Laura Leighton), current landlord, with additional direct or indirect ties to the lives of everyone in the complex.

AUGGIE KIRKPATRICK (Colin Egglesfield), a chef at a trendy restaurant. Met Sydney at an AA meeting.

DAVID BRECK (Shaun Sipos), Michael Mancini's ex-con son. Former brief love interest of Sydney's.

LAUREN YUNG (Stephanie Jacobsen), a med student with a mound of debt. Auggie's ex.

JONAH MILLER (Michael Rady), an aspiring filmmaker.

RILEY RICHMOND (Jessica Lucas), an innocent first-grade teacher. Jonah's live-in girlfriend.

ELLA SIMMS (Katie Cassidy), a well-connected publicist who drops quips like, "I love love; I just hate monogamy."

VIOLET FOSTER (Ashlee Simpson-Wentz), the youngest tenant.

There's a lot going on in the first episode — especially in getting to know so many new neighbors — but the producers' attempts to bring everyone together around one central mystery will surely pay off. CATHERINE LEWIS

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→ For more coverage of "Melrose" and other shows lined up for the fall season, please visit our Web site.

WWW.EXPRESSNIGHTOUT.COM

BOX OFFICE Schlock Conquers Stalk Movie audiences are continuing to visit "The Final Destination." The fright flick took in $15.4 million over the Labor Day weekend to remain the No. 1 box-office draw, raising its 11-day total to $50.6 million. Quentin Tarantino's war saga "Inglourious Basterds" came in at No. 2 again with $15 million. Debuting at No. 3 with $13.9 million was the romantic comedy "All About Steve," starring Sandra Bullock on a cross-country trek pursuing the man of her dreams. (AP)

FRANK MICELOTTA/VERIZON WIRELESS

Timbaland is the man behind the app.

There's An App For Beats

The power to mix music will be at your fingertips this fall

APPLICATION | Producer-singer Timbaland has found a new duet partner in Rockstar Games. Timbaland is teaming up with the developer behind the "Grand Theft Auto" franchise on the handheld music-making application "Beaterator."

"Beaterator" features nearly 1,300 sounds and loops created by Timbaland and about 2,000 others from the developers at Rockstar Games.

Amateur mixmasters can layer vocals, drum machine sounds, kicks, snares, bass loops, synth sounds and myriad other noises to create unique beats and melodies. The only game-like aspect of "Beaterator" is Live Play, which allows users to create a song by mashing buttons alongside a virtual Timbaland.

It will be available for the PlayStation Portable on Sept. 29, and the iPhone and iPod Touch later this fall. DERRIK J. LANG (AP)

entertainment lookout

Redrawing the Lines

David Gray overhauls his professional self in anticipation of his seventh album

CHANGE | Artists with longtime fan bases and comfortable lifestyles rarely volunteer for complete makeovers, but British singer/songwriter David Gray has opted for an overhaul of his professional life for his seventh album.

For "Draw the Line," due out Sept. 22 in the United States, Gray has a new band and fresh label deals around the world.

Gray funded the recording of "Draw the Line" himself through Iht Records, the label/production company he co-owns with manager Rob Holden. The album has now been licensed to Fontana-distributed Downtown's new Mercer Street imprint in North America and Polydor/Universal elsewhere.

ENW DIGITAL PHOTO

David Gray is best known for his popular fourth album, "White Ladder."

"This stems back to before [my 2005 studio set] 'Life in Slow Motion,'" Gray says. "There were some huge deals on the table ... to extend for a few records. We were staring at a check that would have sorted us out for the rest of our lives, but it just didn't feel right.

It's now been 10 years since his fourth album, "White Ladder," slow-burned its way to multimillion sales worldwide, including 2.4 million copies in the United States and 2.9 million in the United Kingdom. Follow-ups "A New Day at Midnight" (2002) and "Life in Slow Motion" have sold 604,000 and 414,000, respectively, stateside.

Now Downtown CEO Josh Deutsch says he is eager to bring him back to "White Ladder"-style prominence by "reconnecting him to his fan base and introducing him to a new generation of David Gray fans." PAUL SEXTON (BILLBOARD)

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Beyond Their Years

Teen band McLovins draws influence from the likes of Phish and the Grateful Dead

ROSS TAYLOR/THE HARTFORD COURANT

This super-good trio of rockers borrowed their name from the film "Superbad."

BOYS | Although the band takes its name from a movie none of its three members are old enough to see (unless accompanied by a parent), the trio the McLovins already have compiled an impressive list of accomplishments.

The group, named for a character in "Superbad," drew notice on YouTube for a video of the members playing a note-perfect rendition of the complicated Phish song "You Enjoy Myself."

Since then, the McLovins have been written up in the "Smoking Section" column in Rolling Stone and performed at the jam-band mega festival Gathering of the Vibes. The McLovins also recently released their first original album, "Conundrum" (available via Cdbaby.com/cd/TheMcLovins).

As befits a band keen on jamming, most of the songs on "Conundrum" stretch past the five-minute mark. Five of the tunes (and the CD cover art) were inspired by Norton Juster's book "The Phantom Tollbooth."

"The attraction of a jam band is that we can fuse other genres and styles of music into our songs, like jazz, Latin, funk, reggae, trance, classic, psychedelic or shed rock," the band says. "We think this makes the songs more interesting to play, hear and dance to."

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take action

2 Save the Planet (Hic)

Now you can even smug and environmentally friendly even when you're swilling cocktails at a Dupont lounge. GreenDrinks DC will be debuting a green-themed cocktail, and Current will be offering discounts on various drinks until 9:30 p.m. There's no cover, but you'll have to sit through a book talk about the "D.C. Metro Area Green Careers & Jobs Guide." On second thought, you probably need a job. F.Z.

➜ *Current Lounge, 1215 Connecticut Ave. NW; 6:30 p.m.-9:30 p.m., free; Currentsushi.com. (Dupont Circle)*

top stops

Compiled by Express' Fiona Zublin. Read more Express picks every day at **Expressnightout.com/topstops.**

3 Musical Reprise

It's hard to find a sure thing in theater, but everyone keeps trying. MetroStage has brought back its hit production of "The Musical of Musicals (the Musical!)," a hilarious but specialized show that imagines the same plot as musicalized by five musical theater composers. It's great if you know enough about the genre to get the jokes. Otherwise — eh. F.Z.

➜ *MetroStage, 1201 North Royal St., Alexandria; through Oct. 18, $45-$50; 703-548-9044, Metrostage.org.*

1 Boys Will Be Boys

Once upon a time, Kings of Leon was an appealing, scrappy Southern-rock family band. Now its members want to be stars, and they've ironed some of the sass out of their music — and, yes, released a song called "Sex on Fire." But the Kings still put on an energetic concert, so if you have access to Merriweather, it's worth a trip to see them. F.Z.

➜ *Merriweather Post Pavilion, 10475 Little Patuxent Parkway, Columbia, Md.; 6 p.m., $38.50; 202-397-7328, Merriweathermusic.com.*

REGAL ENTERTAINMENT GROUP

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Rockville Town Center 800-FANDANGO 248#

THE GAMER (R) - ID REQ'D (1140 210 440) 740 1010
EXTRACT (R) - ID REQ'D (1240 300 520) 800 1020
ALL ABOUT STEVE (PG-13) (1130 155 420) 710 940
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (1230 240 500) 720 930
HALLOWEEN 2 (R) - ID REQ'D (1150 220 530) 810 1040
TAKING WOODSTOCK (R) - ID REQ'D (1250 340) 650 950
INGLORIOUS BASTERDS (R) - ID REQ'D (1200 330) 700 1030
THE TIME TRAVELER'S WIFE (PG-13) (110 430) 730 1015
DISTRICT 9 (R) - ID REQ'D (100 400) 750 1030
JULIE & JULIA (PG-13) (320 PM) 620 PM
OC & DA: JULIE & JULIA (PG-13) (1220 PM) 920 PM
G.I. JOE (PG-13) (1210 310) 600 850
500 DAYS OF SUMMER (PG-13) (120 410) 640 910
PONYO (G) (350 PM) 630 PM
SHORTS (PG) (1130 AM 140 PM) 900 PM

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

ALL ABOUT STEVE (PG-13) (130 415) 715 1000
THE GAMER (R) - ID REQ'D (200 445) 730 1010
EXTRACT (R) - ID REQ'D (215 510) 745 1020
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (220 520) 820 1040
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (120 410) 720 945
TAKING WOODSTOCK (R) - ID REQ'D (145 430) 710 1015
HALLOWEEN 2 (R) - ID REQ'D (210 515) 800 1030
INGLORIOUS BASTERDS (R) - ID REQ'D (140 PM 500 PM) 815 PM
SHORTS (PG) (420 PM) 940 PM
PONYO (G) (100 PM) 910 PM
THE TIME TRAVELER'S WIFE (PG-13) (115 350) 700 930
DISTRICT 9 (R) - ID REQ'D (150 450) 740 1020
JULIE & JULIA (PG-13) (110 PM) 650 PM
OC & DA: JULIE & JULIA (PG-13) (400 PM) 950 PM
G.I. JOE (PG-13) (140 440) 750 1045
G-FORCE (PG) (330 PM) 640 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (100 PM) 630 PM

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

EXTRACT (R) - ID REQ'D (110 320 530) 815 1025
THE GAMER (R) - ID REQ'D (200 445) 715 955
ALL ABOUT STEVE (PG-13) (1255 315 535) 800 1020
TAKING WOODSTOCK (R) - ID REQ'D (115 400) 645 930
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (130 335 540) 820 1035
HALLOWEEN 2 (R) - ID REQ'D (215 440) 755 1030
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (100 305 510) 730 935
SHORTS (PG) (120 PM 340 PM 545 PM)
INGLORIOUS BASTERDS (R) - ID REQ'D (105 PM 425 PM) 745 PM
OC & DA: DISTRICT 9 (R) - ID REQ'D (500 PM) 1010 PM
PONYO (G) (140 430) 705 940
THE TIME TRAVELER'S WIFE (PG-13) (125 415) 650 920
DISTRICT 9 (R) - ID REQ'D (205 PM) 735 PM
JULIE & JULIA (PG-13) (135 420) 700 945
G.I. JOE (PG-13) (145 435) 720 1000
HARRY POTTER: HALF BLOOD PRINCE (PG) 810 PM

MAJESTIC STADIUM 20
900 Ellsworth Dr, Silver Spring, MD 240-393-4826

THE GAMER (R) - ID REQ'D (100 230 320 445 535) 705 800 935 1030
RW & DA: ALL ABOUT STEVE (PG-13) (1225 250 510) 740 1020
EXTRACT (R) - ID REQ'D (130 340) 615 830 1050
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (1230 235 440) 645 745 850 1005
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (410 PM) 715 PM 930 PM
HALLOWEEN 2 (R) - ID REQ'D (1255 210 325 450 550) 725 815 950 1040
TAKING WOODSTOCK (R) - ID REQ'D (245 530) 820 1100
INGLORIOUS BASTERDS (R) - ID REQ'D (1220 300 345) 610 655 920 1015
SHORTS (PG) (1200 215 425) 635 855
PONYO (G) (125 355) 650 925
DISTRICT 9 (R) - ID REQ'D (1240 220 315 455) 605 730 840 1000
THE TIME TRAVELER'S WIFE (PG-13) (150 435) 710 940
G.I. JOE (PG-13) (120 400) 700 955
THE ORPHAN (R) - ID REQ'D (1235 PM)
G-FORCE 3D - EVENT PRICING (PG) ★ (1250 PM 310 PM 520 PM)
HARRY POTTER: HALF BLOOD PRINCE (PG) (105 420) 735 1045
HANGOVER (R) - ID REQ'D (1245 305 540) 805 1025

ROYALE STADIUM 14
6505 America Blvd, Hyattsville, MD 301-864-3456

RW & DA: ALL ABOUT STEVE (PG-13) (200 450) 725 945
THE GAMER (R) - ID REQ'D (130 405) 745 1025
EXTRACT (R) - ID REQ'D (135 355) 650 910
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (115 145 330 410 535) 655 740 915 1015
HALLOWEEN 2 (R) - ID REQ'D (110 205 340 440) 645 715 930 1000
TAKING WOODSTOCK (R) - ID REQ'D (140 425) 710 955
INGLORIOUS BASTERDS (R) - ID REQ'D (100 PM 415 PM) 730 PM
THE TIME TRAVELER'S WIFE (PG-13) (350 PM) 640 PM 920 PM
DISTRICT 9 (R) - ID REQ'D (150 430) 720 1010
G.I. JOE (PG-13) (105 345) 700 940
JULIE & JULIA (PG-13) (125 420) 705 950
THE ORPHAN (R) - ID REQ'D 735 PM 1020 PM
SHORTS (PG) (120 PM)
G-FORCE (PG) (155 PM 435 PM)

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

THE GAMER (R) - ID REQ'D (100 320 540) 800 1020
ALL ABOUT STEVE (PG-13) (120 400) 720 950
HALLOWEEN 2 (R) - ID REQ'D (240 525) 750 1015
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (210 410) 610 810 1010
SHORTS (PG) (100 PM)
THE TIME TRAVELER'S WIFE (PG-13) (110 420) 700 935
DISTRICT 9 (R) - ID REQ'D (220 455) 730 1005
JULIE & JULIA (PG-13) (145 430) 715 1000
G.I. JOE (PG-13) (130 440) 740 1020
HARRY POTTER: HALF BLOOD PRINCE (PG) (310 PM) 630 PM 945 PM
HANGOVER (R) - ID REQ'D (230 450) 710 930

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

EXTRACT (R) - ID REQ'D (135 345) 605 810 1025
THE GAMER (R) - ID REQ'D (100 320 535) 755 1015
ALL ABOUT STEVE (PG-13) (235 455) 720 950
HALLOWEEN 2 (R) - ID REQ'D (110 230 355 500) 640 725 935 1010
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (200 400) 600 800 1000
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (130 330 530) 730 930
SHORTS (PG) (220 445) 705 925
INGLORIOUS BASTERDS (R) - ID REQ'D (215 PM) 630 PM 945 PM
PONYO (G) (420 PM) 915 PM
THE TIME TRAVELER'S WIFE (PG-13) (210 450) 735 1020
DISTRICT 9 (R) - ID REQ'D (225 515) 750 1035
JULIE & JULIA (PG-13) (150 430) 715 1005
G.I. JOE (PG-13) (155 435) 745 1030
G-FORCE (PG) (205 PM) 650 PM

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

EXTRACT (R) - ID REQ'D (1220 250) 515 755 1025
THE GAMER (R) - ID REQ'D (1200 230) 500 1000
ALL ABOUT STEVE (PG-13) (1135 200) 435 715 950
HALLOWEEN 2 (R) - ID REQ'D (1230) 310 425 540 815 930 1045
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (1140 150) 410 630 900
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (1240 300 510) 745 1010
INGLORIOUS BASTERDS (R) - ID REQ'D (1130 1215 245) 345 600 700 915 1020
PONYO (G) (1145 AM 205 PM) 655 PM
THE TIME TRAVELER'S WIFE (PG-13) (1140 215) 505 740 1015
DISTRICT 9 (R) - ID REQ'D (140) 430 705 955
OC & DA: JULIE & JULIA (PG-13) 400 PM 945 PM
JULIE & JULIA (PG-13) (100 PM) 650 PM
G.I. JOE (PG-13) (130) 440 805 1040
500 DAYS OF SUMMER (PG-13) (1155 225) 450 720 940

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

EXTRACT (R) - ID REQ'D (1225 250 515) 740 1000
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (220 435) 700 930
HALLOWEEN 2 (R) - ID REQ'D (205 445) 730 1020
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (100 320 535) 800 1030
POST GRAD (PG-13) (1240 PM)
SHORTS (PG) (140 405) 635 905
DISTRICT 9 (R) - ID REQ'D (135 325 425) 620 720 910 1010
JULIE & JULIA (PG-13) (1250 150 355 455) 650 750 950
FUNNY PEOPLE (R) - ID REQ'D (1220 330) 640 950
G-FORCE (PG) (145 PM 415 PM)
HARRY POTTER: HALF BLOOD PRINCE (PG) (1230 PM 345 PM) 710 PM
THE PROPOSAL (PG-13) 645 PM 940 PM

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

THE GAMER (R) - ID REQ'D (130 230 405 505) 640 740 915 1015
EXTRACT (R) - ID REQ'D (1245 310 535) 755 1025
ALL ABOUT STEVE (PG-13) (210 455) 730 1005
TAKING WOODSTOCK (R) - ID REQ'D (145 440) 735 1035
HALLOWEEN 2 (R) - ID REQ'D (1250 325) 610 750 850
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D 620 PM 840 PM
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (220 445) 720 940
INGLORIOUS BASTERDS (R) - ID REQ'D (105 335 435) 700 800 1030
SHORTS (PG) (140 PM 400 PM)
PONYO (G) (245 PM 520 PM)
THE TIME TRAVELER'S WIFE (PG-13) (150 430) 715 955
DISTRICT 9 (R) - ID REQ'D (240 PM 530 PM) 820 PM
OC & DA: JULIE & JULIA (PG-13) (410 PM) 1010 PM
JULIE & JULIA (PG-13) (110 PM) 710 PM
G.I. JOE (PG-13) (100 355) 650 950
HARRY POTTER: HALF BLOOD PRINCE (PG) (1240 PM 420 PM)
HANGOVER (R) - ID REQ'D 810 PM

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-922-4956

ALL ABOUT STEVE (PG-13) (1200 220 450) 730 955
EXTRACT (R) - ID REQ'D (1225 240 455) 720 940
RW: FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (1205 210 415) 645 850
TAKING WOODSTOCK (R) - ID REQ'D (110 PM 355 PM) 640 PM
HALLOWEEN 2 (R) - ID REQ'D (1235 300 530) 800 1030
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (100 310 525) 750 1000
INGLORIOUS BASTERDS (R) - ID REQ'D (1200 105 315 430) 630 815 950
SHORTS (PG) (1220 230 445) 710 925
PONYO (G) (1245 PM) 650 PM
THE TIME TRAVELER'S WIFE (PG-13) (125 405) 705 935
DISTRICT 9 (R) - ID REQ'D (1210 245 520) 755 1030
JULIE & JULIA (PG-13) (1255 350) 715 1005
G-FORCE (PG) (1215 225 440) 655 910
HARRY POTTER: HALF BLOOD PRINCE (PG) (335 PM) 915 PM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

500 DAYS OF SUMMER (PG-13) (140 415) 655 925
PONYO (G) (1230 300 530) 800 1030
EXTRACT (R) - ID REQ'D (150 440) 715 940
THE GAMER (R) - ID REQ'D (1220 250 520) 750 1020
ALL ABOUT STEVE (PG-13) (1200 230 500) 730 1000
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (115 335 550) 810 1030
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (210 425) 710 930
TAKING WOODSTOCK (R) - ID REQ'D (1215 315) 620 920
HALLOWEEN 2 (R) - ID REQ'D (200 445) 735 1015
INGLORIOUS BASTERDS (R) - ID REQ'D (100 310 435) 640 830 1010
DISTRICT 9 (R) - ID REQ'D (1240 340) 625 910
OC & DA: JULIE & JULIA (PG-13) (355 PM) 945 PM
JULIE & JULIA (PG-13) (1255 PM) 650 PM
G.I. JOE (PG-13) (120 410) 700 950
HARRY POTTER: HALF BLOOD PRINCE (PG) (1210 325) 845 1005
SHORTS (PG) (1205 235 455) 725 955
G-FORCE (PG) (105 350) 615 840
ICE AGE: DAWN OF THE DINOSAURS (PG) (130 PM 400 PM) 630 PM
THE TIME TRAVELER'S WIFE (PG-13) (1225 305) 610 850
THE PROPOSAL (PG-13) (320 PM) 635 PM 915 PM
THE UGLY TRUTH (R) - ID REQ'D 900 PM
POST GRAD (PG-13) (1235 PM)

FOX STADIUM 16
22875 Crawford Plz, Asburn, VA 703-957-1035

EXTRACT (R) - ID REQ'D (120 340) 600 810 1020
THE GAMER (R) - ID REQ'D (100 330 545) 800 1030
RW & DA: ALL ABOUT STEVE (PG-13) (230 500) 730 1000
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (110 315 530) 740 950
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D 830 PM 1035 PM
TAKING WOODSTOCK (R) - ID REQ'D (1245 420) 710 1010
HALLOWEEN 2 (R) - ID REQ'D (240 520) 750 1040
POST GRAD (PG-13) 940 PM
INGLORIOUS BASTERDS (R) - ID REQ'D (1230 140 345 510) 700 840 1015
SHORTS (PG) (150 415) 640 850
PONYO (G) (1250 400) 620 920
THE TIME TRAVELER'S WIFE (PG-13) (115 350) 630 900
DISTRICT 9 (R) - ID REQ'D (200 440) 720 1025
JULIE & JULIA (PG-13) (1240 320) 610 910
G.I. JOE (PG-13) (130 410) 650 930
G-FORCE (PG) (220 PM 450 PM) 715 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (1235 PM 430 PM)

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

EXTRACT (R) - ID REQ'D (200 440) 750 1015
THE GAMER (R) - ID REQ'D (130 410) 720 1005
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (150 415) 640 910
HALLOWEEN 2 (R) - ID REQ'D (140 435) 730 1010
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (100 310 520) 740 1000
COLD SOULS (PG-13) (125 400) 710 940
G.I. JOE (PG-13) (110 355) 700 950
THE UGLY TRUTH (R) - ID REQ'D 650 PM 930 PM
500 DAYS OF SUMMER (PG-13) (120 350) 630 920
HARRY POTTER: HALF BLOOD PRINCE (PG) (105 PM 420 PM) 800 PM
ICE AGE: DAWN OF THE DINOSAURS (PG) (145 PM 420 PM)

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

EXTRACT (R) - ID REQ'D (100 540) 750 1010
THE GAMER (R) - ID REQ'D (200 430) 700 930
ALL ABOUT STEVE (PG-13) (220 500) 730 1015
TAKING WOODSTOCK (R) - ID REQ'D (310 PM) 610 PM 855 PM
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D 645 PM 900 PM
HALLOWEEN 2 (R) - ID REQ'D (240 515) 800 1045
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (1240 250 530) 745 1000
SHORTS (PG) (140 445) 720 940
INGLORIOUS BASTERDS (R) - ID REQ'D (300 PM) 630 PM 945 PM
PONYO (G) (120 PM) 920 PM
THE TIME TRAVELER'S WIFE (PG-13) (110 400) 650 1040
DISTRICT 9 (R) - ID REQ'D (130 410) 715 1030
JULIE & JULIA (PG-13) (1230 330) 615 915
G.I. JOE (PG-13) (210 PM) 600 PM 845 PM
G-FORCE (PG) (420 PM) 710 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (320 PM)

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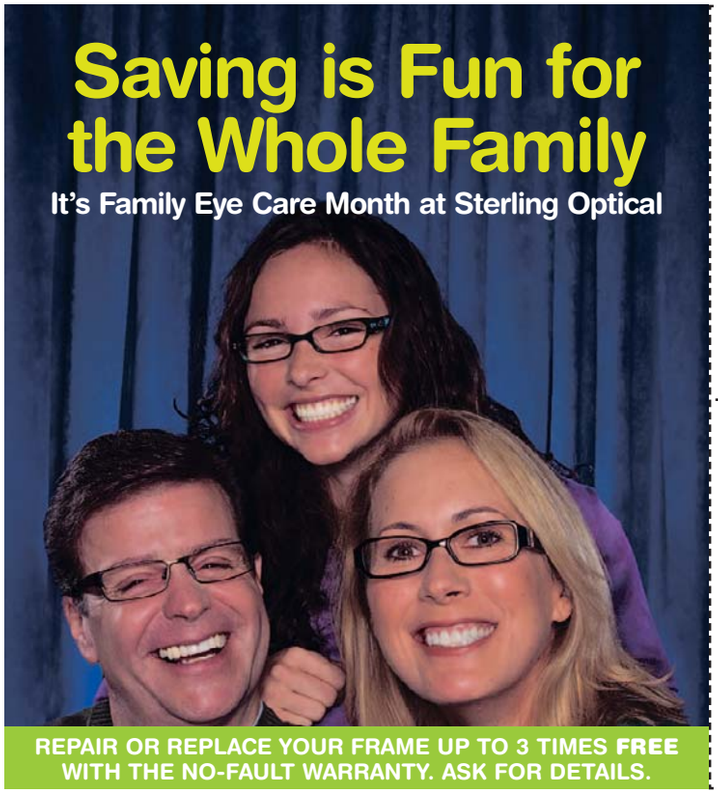
National Institutes of Health
Dept. of Health & Human Services



Complete Pair of Eyeglasses $100 off & 2nd Pair Free

With purchase of a complete pair of eyeglasses (frame and lenses). Min. purchase of $199 before discount. Second pair from special selection with single-vision plastic lenses. Must present coupon at time of purchase. May not be combined with any other offer, discount, insurance plan or package. Prior purchases excluded. Other restrictions may apply. See store for details. Expires 10/31/09. Sterling Optical

Contact Lens Package $119

Includes Exam & 2 Boxes of Disposable Contact Lenses

Contact lenses are 2 boxes of EasyWear disposable contacts. Must present coupon at time of purchase. May not be combined with any other offer, discount, insurance plan or package. Prior purchases excluded. Other restrictions may apply. See store for details. Expires 10/31/09. Sterling Optical

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lookout television

Brat Pack's Back

The spoiled crew of '90210' returns for dramatic season No. 2

TEENS | Television's craziest ZIP code is back from its summer break! And since most of the kids spent their vacation in summer school as punishment for their infamous post-prom party, they're ready to let loose. The new season starts tonight at 8 on the CW.

Last spring, things seemed to be going well for Naomi and her love interest, bad-boy Liam — until her big sister, Jen, slept with him at the after-prom party. Naomi confronted Annie — who she thought had slept with Liam, not her sister — and kicked her out. Liam was whisked away to a military institution.

Meanwhile, Ethan confessed his feelings to Dixon's girlfriend, Silver, and they kissed. Adrianna had her baby after an emergency C-section (and gives it up for adoption).

FRANK OCKENFELS/THE CW

The gang's all here and ready to rumble.

Season one ended with a hit-and-run accident with a drunk Annie behind the wheel and a car with a West Beverly High bumper sticker pulling up to assess the situation.

What to expect from this season: jealousy, jealousy, jealousy. The premiere is about the end-of-summer party at the beach club, and there are more love triangles (real or imagined) than you could shake a stick at. CATHERINE LEWIS

tonight's lineup

COMPLICATED COMPLEX
MELROSE PLACE (8 p.m., CW) returns. For more on the series premiere, see Page 29.

MAN ON A MISSION
Luke still has three to hold onto on **MORE TO LOVE** (9 p.m., Fox).

LITERALLY?
A crisis unfolds while Artie is tied up on **WAREHOUSE 13** (9 p.m., SyFy).

BIKER MEN
SONS OF ANARCHY (10 p.m., FX) returns for a second season with the gang reeling from Donna's murder.

GET YOUR LAUGH ON
Critic Richard Roeper hosts a "Starz Inside" (10 p.m., Starz) look at **COMICS ON SCREEN**, an appreciation of the films of comics including Cedric the Entertainer and Tim Allen.

DAUNTING ODDS
A physician copes with the prospect of frequent failure amid crumbling facilities in Ukraine on the documentary **THE ENGLISH SURGEON** on "POV" (10 p.m., PBS).

MIKE MULLER/FX

The "Sons of Anarchy" motorcycle club returns for a second season tonight.

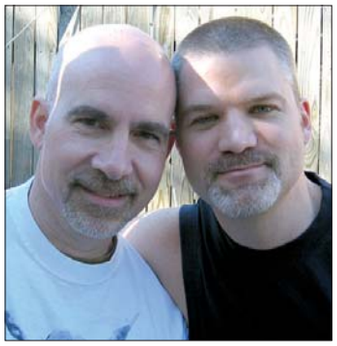
SHUDDER
Residents in New Jersey and Florida report evidence of giant rodents on **RATZILLA** (10 p.m., Animal Planet).

TALKING POLITICS
Tony Blair is on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS).

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

B.I.O.

BY INVITATION ONLY: UPCOMING WEDDINGS & UNIONS

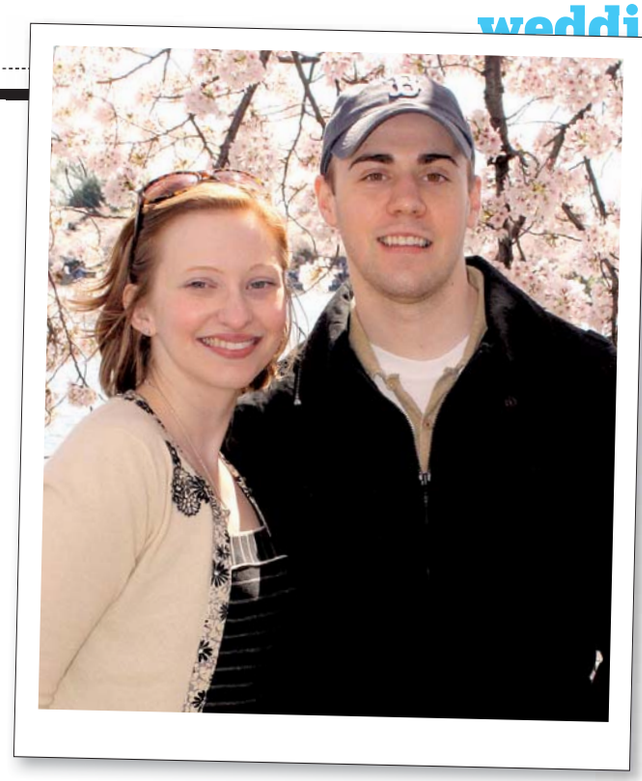


Dave Barnett, Randy Barry

Dave, 42, right, is a Microsoft support engineer. Randy, 54, is a supervisory librarian. They live in Arlington.

- **The Main Event:** A casual wedding Sept. 9 in Provincetown, Mass. Thirty-five friends and family members will witness the couple's union.
- **How They Met:** A mutual friend introduced them.
- **First Impressions:** "I wouldn't call it love at first sight, but from the very start, there was never anything to stand in the way of an ever-growing fondness for Dave."
- **First Date:** Randy called up Dave the day after they met; they had dinner that night. "That date ended Saturday morning when Dave went to pick up his new BMW. What a way to end a date!"
- **How He Proposed:** They "mutually agreed to make it official," Dave says, once Massachusetts lifted its residency restriction for marriage in 2008.
- **Most Hated Clothing Item:** Dave has some distressed-on-purpose clothes featuring "tears, rips, shredding and other signs of having come out of a Dumpster or Neiman Marcus. I think pants with holes should be worn when digging in the yard, not in public."
- **Pet Names:** Randy calls Dave "Gadgetron."

"I think pants with holes should be worn when digging in the yard, not in public."



He Couldn't Lego of Her

Making the proposal perfect is always tough, but when **MATT FUCCI** wanted to pop the question to sweetie **VAIL MILLER**, he made sure everything came together — literally. Since the two have a thing for Legos, Matt custom-ordered a set that looked like a garden they'd visited years ago, and added figurines that looked like the two of them and her dog, Buddy.

After taking Vail out to dinner, he gave her the figurines and the ring inside a Lego box. "I told her that I thought we made a great team, and then I asked her to marry me." Her reply? "With all my heart, yes!" Because they knew each other for so long before marriage, one of Vail's two wedding bands (Matt's mother had two, too) will be inscribed, simply, "Finally."

Matt, 29, and Vail, 28, live in Alexandria. They're getting married Sept. 12 in West Orange, N.J.

Heidi Buchanan, Adam Schmidt

Heidi, 26, is an executive assistant. Adam, 27, is a political consultant. They live in Washington.

- **The Main Event:** They're saying "I do" Sept. 12 in D.C. "I'm really looking forward to the honeymoon because we've never been on a vacation together," Adam adds.
- **How They Met:** Heidi's friend introduced her to an ex, which was Adam. The three got dinner together at Las Placitas in Eastern Market.
- **First Impressions:** "I know there were three of us there, but all I can remember is my conversation with Heidi."
- **First Date:** She says tapas and a movie, since that's the first date he asked her on. He says their first date was a "series of events" that included "my telling her to buy a little black dress and meet me at Finn Mac Cool's that night."
- **How He Proposed:** Near the C&O Canal in Georgetown. "I don't even remember what he said, but I remember saying yes, and kissing him and then being yelled at by a homeless man across the canal to 'get a room.'"
- **Stupidest Fight:** His socks get all over the floor. "Occasionally, my socks get mixed in," Heidi says, "and when I go to my part-time job, I get incredibly pissed if I can't find any that match."
- **When He Knew:** "By the end of the first week we were dating. I told people."

"I told her to buy a little black dress and meet me at Finn Mac Cool's that night."

Latanza McCoy, Lonell Wilson

Latanza, 25, is a budget analyst. Lonell, 29, is a lead accountant. They live in Capitol Heights.

- **The Main Event:** They tied the knot at a garden wedding Sept. 6 in Greenbelt.
- **Honeymoon:** Latanza: "Because of my love of Spanish, Hispanic culture and food, we [took] our chances [getting] snatched or [catching] H1N1 in San Jose Del Cabo, Mexico."
- **How They Met:** She was "getting dolled up" in the parking lot at Fayetteville State University in North Carolina and used his car's side mirror; "he offered to let me use the mirror on the inside of his car."
- **First Impressions:** He thought, "Who is this sexy li'l thing?"
- **First Date:** Pizza and a movie.
- **How He Proposed:** They went out in a group to celebrate a friend's birthday; the friend got a slice of cake, but so did Latanza. "I looked so stupid wondering why they gave me cake I didn't order. Then I saw a ring on the cake and was wondering what stupid person would put a ring on a cake. Then, when I realized what was going on, I cried so hard my face landed in the cake."
- **Their Song:** "The Percolator," "because it allows us to get our Down South party on," Latanza says. "No sappy love songs here!"
- **Stupidest Fight:** She asked whether he was bipolar; he wouldn't answer, so she "blew up. Found out months later he didn't answer because he didn't know what bipolar was."

Getting Married? If you'd like to see your wedding or commitment ceremony in B.I.O., send your favorite informal photograph, plus your names and ceremony date to weddings@readexpress.com. Please contact us at least one month before your wedding. We'll get back to you with questions. For past BIOS, see Expressnightout.com/bio. For even more weddings, visit Washingtonpost.com/onlove.

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Poll Center

IS IT INAPPROPRIATE FOR THE PRESIDENT TO GIVE A SPEECH TO SCHOOLKIDS?

RESULTS FROM FRIDAY'S QUESTION

NO 79%

YES 21%

"The students will already be bombarded with liberal ideology prevalent in the education system. One speech from Obama is not going to make a difference."

COMMENTER DA SELLOUT

"It may not be appropriate, but it makes great political sense. Most high school kids will be of voting age by the next presidential election."

COMMENTER DEN HOLLINDEN

"Presidents have spoken at schools for years. Why is it a problem now? As long as he sticks to the topics of education and staying in school, let the man be!"

COMMENTER WENDY

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM

Blog LOG

"THAT VAN JONES was relieved of his job after midnight in the middle of a long holiday weekend shows what a mistake the administration knew it had made."

REALCLEARPOLITICS.BLOGS.TIME.COM THINKS THE FORMER GREEN JOBS CZAR DESERVED TO BE FIRED AFTER HIS VIEWS ON SEPT. 11 AND REPUBLICANS WERE REVEALED.

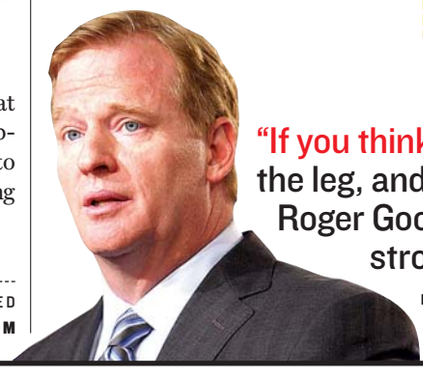
FRAZER HARRISON/GETTY IMAGES

"HOW COULD a film so brilliantly titled not take the No. 1 spot at the theaters this holiday weekend? Who wouldn't want to see a flick with a plot based on Sandra Bullock traveling the country, stalking Bradley Cooper?"

EVILBEETGOSSIP.FILM.COM IS NOT SURPRISED THAT "ALL ABOUT STEVE" WAS NOT A BOX-OFFICE HIT.

"For $2.99, you, too, can now have the technology that gave rise to one of the most irritating sounds in modern hip-hop and made Kanye West waste a bunch of months trying to sing."

GAWKER.COM IS NOT IMPRESSED WITH SINGER T-PAIN, ABOVE, AND HIS NEW IPHONE APP, WHICH ALLOWS USERS TO AUTO-TUNE THEIR VOICES WHILE SINGING INTO THEIR PHONES.



"If you think drunken driving, shooting yourself in the leg, and dog murder are frowned upon, I'm sure Roger Goodell has been itching to take a very strong stand against domestic violence."

DEADSPIN.COM THINKS THE NFL COMMISSIONER WILL LIKELY SUSPEND SAN DIEGO CHARGERS LINEBACKER SHAWNE MERRIMAN FOR HIS ALLEGED ROLE IN A REPORTED DOMESTIC DISPUTE WITH TILA TEQUILA.

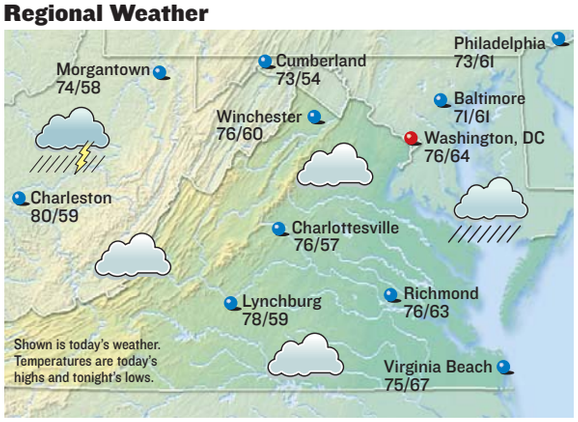
"THERE'S PROBABLY a special place in hell reserved for those of us who watch Jerry Lewis' annual Labor Day telethon strictly for laughs."

MENTALFLOSS.COM APPRECIATES THE COMEDIAN'S EFFORTS TO RAISE MONEY FOR THE MUSCULAR DYSTROPHY ASSOCIATION BUT FINDS THE SHOW A TAD RIDICULOUS.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Cloudy, rain	Mostly cloudy	Cloudy, rain	Mostly cloudy	Partly sunny	Partly sunny
76°	64°	73° / 65°	71° / 64°	80° / 65°	81° / 66°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2009

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	77°
Low	67°
Normal high	82°
Normal low	65°
Average humidity	79%

Precipitation

24 hours ending 4 p.m.	0.44"
Month to date	0.44"
Normal month to date	0.86"
Year to date	27.10"
Last year to date	37.45"
Normal year to date	27.12"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

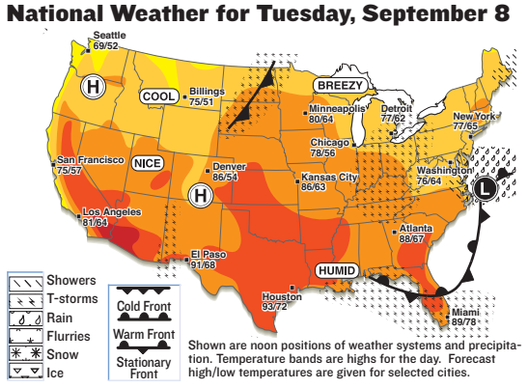
D.C. Metro: Today, mostly cloudy, shower. High 76. Wind east-northeast 8-16 mph. Tonight, mostly cloudy. Low 64. Wind north-northeast 7-14 mph.

Sun and Moon

Sunrise today	6:43 a.m.
Sunset tonight	7:28 p.m.
Moonrise today	9:07 p.m.
Moonset today	10:47 a.m.

Last	New	First	Full
Sept 11	Sept 18	Sept 26	Oct 4

National Weather for Tuesday, September 8



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	88/67/pc	85/67/pc
Boston	79/62/pc	68/55/pc
Chicago	78/56/pc	80/58/pc
Dallas	94/73/pc	96/72/s
Denver	86/54/t	81/55/pc
Honolulu	88/76/s	89/76/s
Los Angeles	81/64/pc	84/64/s
Miami	89/78/t	88/78/t
New York City	77/65/c	70/61/r
Orlando	90/73/t	89/73/t
Seattle	69/52/pc	68/56/c

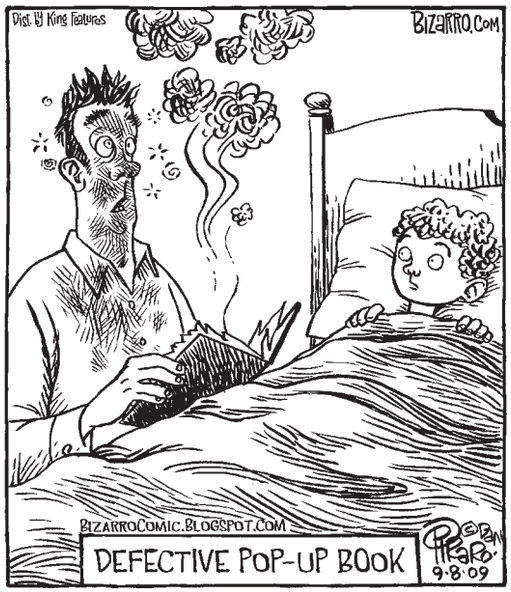
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	73/63/pc	70/57/c
Athens	77/64/pc	79/68/sh
Berlin	77/62/pc	82/59/pc
Buenos Aires	52/37/pc	55/36/s
Calgary	63/39/s	65/46/pc
Dublin	64/52/r	64/50/pc
Geneva	81/52/s	78/51/s
Moscow	68/50/pc	72/52/pc
Rome	81/59/s	81/61/s
Sydney	70/50/s	68/46/pc
Tokyo	81/70/c	79/70/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

comics lookout

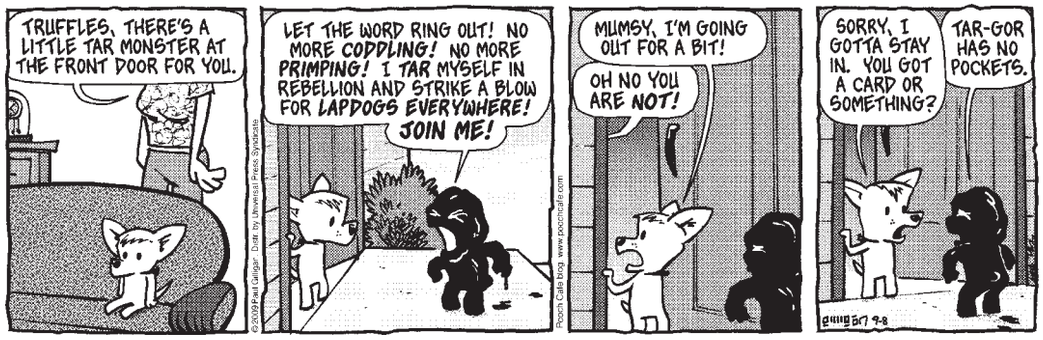
Bizarro | *Dan Piraro*



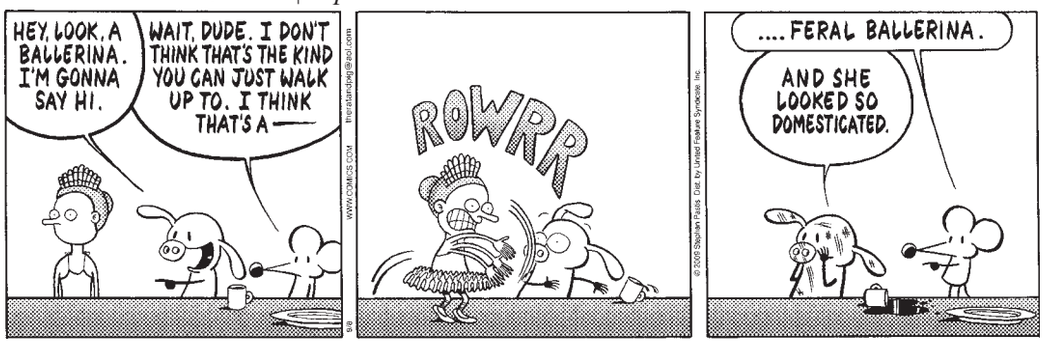
Cornered | *Mike Baldwin*

"You're right, the numbers don't lie. That's your job."

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

VIRGO (Aug. 23-Sept. 22) Focus on things that you can do, not things that you might be able to do if circumstances improve. Practicality reigns.

LIBRA (Sept. 23-Oct. 22) You're likely to feel a strong pull from those who want you to be on their side. If you swing that way, are you sacrificing something?

SCORPIO (Oct. 23-Nov. 21) It's important that you keep everything in order at this time -- including records of all conversations and transactions.

SAGITTARIUS (Nov. 22-Dec. 21) You will have good reason to keep certain pieces of information to yourself for the time being. Evening brings an unusual offer.

CAPRICORN (Dec. 22-Jan. 19) Someone in authority is waiting for you to break just one tiny rule, but you're sure to disappoint. You play by the book.

AQUARIUS (Jan. 20-Feb. 18) You can do something unusual and attract the attention of those who can really do you a good turn in the time to come.

PISCES (Feb. 19-March 20) Are you feeling generous? If so, you have plenty to offer those who are in need. Keep track of what goes out and what comes in.

ARIES (March 21-April 19) One small decision made when you're in a hurry can prove monumental in the days and weeks to come. Do you know which it will be?

TAURUS (April 20-May 20) You're ready to move forward with greater confidence now, after a long trial period that enabled you to prepare in great detail.

GEMINI (May 21-June 20) You may feel as though there aren't enough hours in the day, but surely you can accomplish the most important things on the docket.

CANCER (June 21-July 22) One or two obstacles standing in your way may require a little extra thought or determination. Others fall easily.

LEO (July 23-Aug. 22) Trust your instincts, but try to avoid being too impulsive, especially where work is concerned. Others may not understand what drives you.

Today in History

1664 The Dutch surrender New Amsterdam to the British, who rename it New York.

1930 The comic strip "Blondie," created by Chic Young, is first published.

1974 President Gerald R. Ford grants an unconditional pardon to former president Richard Nixon.

1998 Mark McGwire of the St. Louis Cardinals breaks Major League Baseball's record for the number of home runs hit in a single season, hitting his 62nd off Chicago Cubs pitcher Steve Trachsel and eclipsing the 37-year-old record held by Roger Maris.

2004 CBS' "60 Minutes II" airs a report raising questions about President George W. Bush's National Guard service; however, CBS News ended up apologizing for a "mistake in judgment" after memos featured in the report were challenged as forgeries.

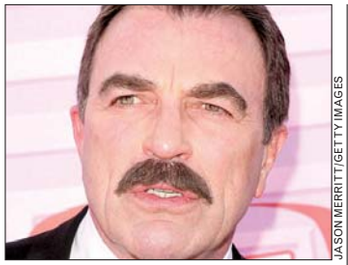
2008 Roger Federer salvages the 2008 season by easily beating Andy Murray 6-2, 7-5, 6-2 to win his fifth consecutive U.S. Open championship and 13th major title overall.

AFP/GETTY IMAGES

Mark McGwire breaks MLB's single-season home run record Sept. 8, 1998 .

PostPoints DAILY CODE BY

lookout people



JASON MERRITT/GETTY IMAGES

Tom "Lame-Horse Buyer" Selleck is glad to be in the public eye once more.

PUBLICITY

Actor Thrilled to Be Making News for Such A Flattering Reason

TOM SELLECK has been awarded more than $187,000 after a jury found the actor was duped into buying a lame horse. Selleck accused a Del Mar, Calif., equestrian of trying to pass off a show horse with a medical condition as fit to ride in competitions. (AP)

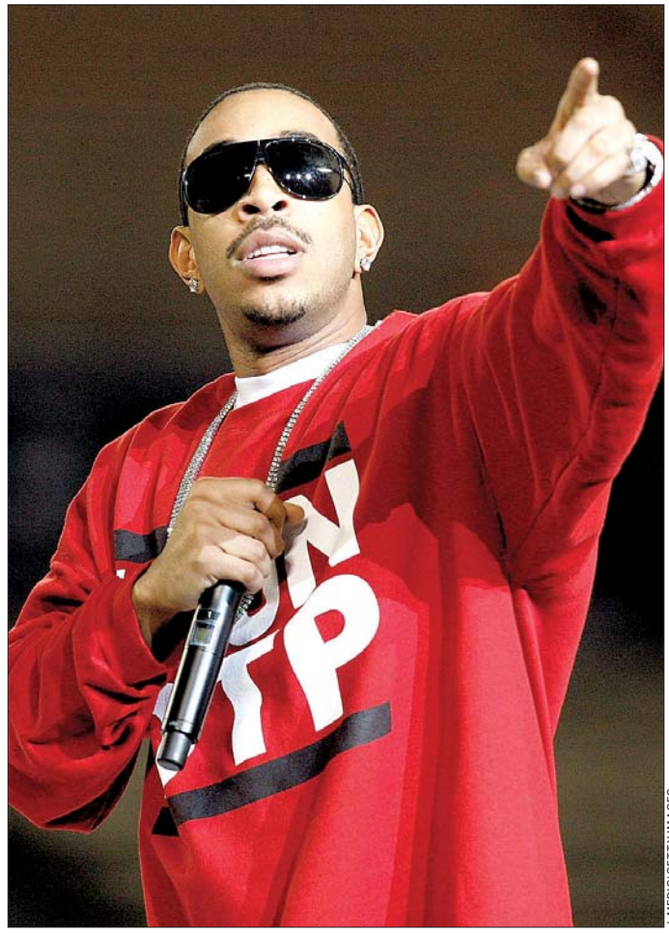
GUESTS

Upcoming Interview With God Pales in Comparison

OPRAH calls her upcoming sit-down with Whitney Houston "the best interview I've ever done." Winfrey said Monday that she "can't think of a moment, ever, when I had a stronger connection to the person I was interviewing." (AP)

expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.

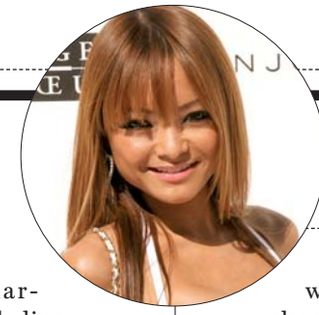


J. MERIC/GETTY IMAGES

BENEVOLENCE

Smug Sense of Self Also Free

LUDACRIS gave away 20 cars Sunday to people who wrote about their struggles to keep their jobs for lack of wheels of their own. The rapper partnered with a suburban Atlanta dealership to donate cars to winners of an essay contest. Each of the used vehicles included free gas for 30 days. (AP)



Tila Tequila was uninjured after the alleged incident.

VIOLENCE

NFL Player Arrested in Choking of Tila Tequila

San Diego Chargers star outside linebacker Shawne Merriman says he didn't harm **TILA TEQUILA**, who has accused him of choking and restraining her. Merriman said in a statement Sunday that he was worried for the safety of Tequila because she appeared to be intoxicated and he didn't want her to drive. He also says paramedics who were called to his home in Poway, north of San Diego, reported no injuries to Tequila. Merriman was arrested early Sunday when Tequila signed a citizen's arrest warrant charging him with battery and false imprisonment. (AP)

TOBY CANHAM/GETTY IMAGES

Clipping dog toenails is no longer the profoundly unappealing thing it was.

SLEAZY

Warning: Reading This Will Make Your Eyeballs Slimy

Former madam **HEIDI FLEISS**' dog grooming business has hit a snag. Fleiss has been named in a lawsuit filed by the estranged husband of the woman from whom Fleiss took over the Las Vegas pet care business before renaming it Dirty Dog. Jeffrey Marvian claims his wife violated a divorce agreement by selling Little Buddy Bath. (AP)

FILLER

Charge Dismissed in Supermodel Case

A criminal charge against a security guard accused of shoving former supermodel **STEPHANIE SEYMOUR** into a door at her Connecticut home is being dismissed. But the state's attorney on Friday declined to prosecute the case after Seymour and Joseph Babnik reached a closed-door agreement. The charge will be dismissed in a year if Babnik isn't arrested again. (AP)

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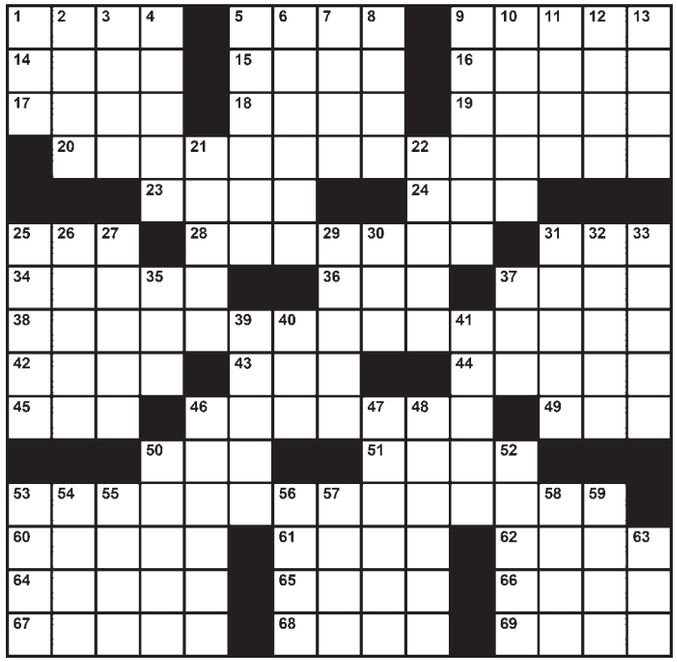
puzzles lookout

CROSSWORD | ON AND ON

EDITED BY TIMOTHY E. PARKER



ACROSS

1 Holy terror
5 Utter an expletive
9 Relocation professional
14 100 cents
15 Aware of
16 Too tubby
17 Bookish one
18 Authentic
19 Greek letters
20 All the time
23 Change for a five
24 April 15 org.
25 Actress Barbara ___ Geddes
28 Miner success?
31 Familiar sitcom figure
34 "Till we meet again"
36 Underwater eggs
37 Traditional Indian garment
38 Continuously
42 Female red deer
43 ___-conceived
44 Tasty decoration
45 Fifty percent of nine?
46 Type of car entry
49 Two cents' worth
50 Hair product
51 Freight weight
53 Nonstop
60 Maid Marian's man
61 Kind of candy or music
62 Uttered
64 Dr. Seuss' Thidwick, for one
65 Deal prelude
66 Coldest temperature on the Kelvin scale
67 Product of the Bessemer process
68 Irksome fellow
69 Shrill bark

DOWN

1 Panhandle
2 Had misgivings
3 Neck of the woods
4 Asian capital
5 Eye part
6 Apprehensive
7 Getz or Kenton
8 Auctioneer's cry
9 Composer of "The Magic Flute"
10 Does what one's told
11 Give a thumbs down to
12 Twin in a perennial bestseller
13 Break in a score
21 Enter, as data
22 More drastic
25 Scrub in the tub
26 Reagan's attorney general Meese
27 Mortgage securities
29 Whimsical
30 Chit letters
31 Miles of "Birth of the Cool"
32 Sports venue
33 In need of bleach, perhaps
35 Curtain call time
37 Word on wine bottles
39 Knuckle under
40 Trout lure
41 Cord fiber
46 Canine shelter
47 Votes in
48 Wall fixture
50 Pretense
52 Lulu
53 Hand-holders
54 Botanical anchor
55 It's in the winds
56 It's sometimes fallen into
57 Improve, as skills
58 Alberta Indian
59 Marx or Benz
63 Prune with an axe

Friday's Solution

SUDOKU | MEDIUM

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Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

		2			3		4	
1			9			7	3	
	3			2		6		
		6					5	
			8	6	2			
	8					4		
		1		8			6	
	7	4			5			3
	6		3			2		

Friday's Solution

3	6	2	7	4	8	9	5	1
7	9	1	5	3	6	4	2	8
5	8	4	9	1	2	7	3	6
1	4	8	6	2	5	3	9	7
9	7	3	4	8	1	2	6	5
6	2	5	3	9	7	8	1	4
8	5	7	2	6	9	1	4	3
4	1	9	8	5	3	6	7	2
2	3	6	1	7	4	5	8	9

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